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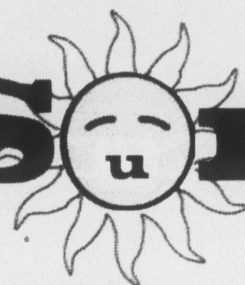
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MAYOR THOMAS KOCH, shown here speaking at a recent swearing in ceremony in the Great Hall of the James R. McIntyre Government Center (old City Hall), will give his "State of the City" address Tuesday, March 9. The mayor's message will begin at 11 a.m. at a location to be determined, according to his office.

Quincy Sun Photo/Robert Bosworth

Mayor's State Of The City March 9

By SCOTT JACKSON

Mayor Thomas Koch will deliver his State of the City address on Tuesday, March 9, and he intends to provide an update on plans for a new municipal office building in Quincy Center as part of his remarks.

The State of the City is scheduled for 11 a.m. that day.

Koch, in a recent interview, said he wants to strike a balance between looking back at the events of the past year and looking forward into the future.

"It's really strange, because I need to talk about this past year and to point some of the successes and the people that stepped up. But I also want to be look-

ing forward - I don't want to be just looking back," he said.

"It's a little bit of a balance I'm trying to strike and obviously it is a different year."

The mayor does not anticipate making any major announcements during the speech; instead, he plans to revisit some items he

touched upon during his January 2020 inauguration.

"I don't think there will be anything new in there. I think what I will cover has probably been talked about, even from my inauguration," Koch said.

"Some of the stuff I talked about was pretty heavy, but with the pandemic ev-

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Koch: No Need To Add Social Justice Dept.

By SCOTT JACKSON

Mayor Thomas Koch said he does not believe it is necessary to create a new Department of Social Justice and Equity and instead suggested the duties of the proposed department could be given to existing city staff and potential new hires.

The City Council in January approved an ordinance to establish the proposed department. As proposed, it would consist of a single

employee, a director, who would be tasked to, "create equity and inclusion among all populations in Quincy."

While the council approved the creation of the department, it is the mayor, not the council, who would be responsible for proposing a budget for the department under Quincy's form of government. The mayor would also be responsible for appointing the department head.

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City Food Deliveries For Families Affected By COVID-19

The City of Quincy has begun participating in the MA State Isolation and Quarantine Food program, which provides boxes of shelf stable food to residents affected by COVID-19 that are in isolation or quarantine who are food insecure. The MA COVID-19 Command

Center established the Isolation and Quarantine Food Program to address food insecurity among individuals and households that are in isolation or quarantine. The program is focused on assisting households that are experiencing barriers

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TWO SWANS make their way along Blacks Creek on a recent winter day.

Photo Courtesy Kathy Robinson

September Dedication For Generals Bridge

By SCOTT JACKSON

The city will dedicate Quincy Center's new Generals Bridge in September at a ceremony that could include three past and present members of the Joint Chiefs of Staff.

The dedication of the bridge had been scheduled for Armed Forces Day, May

15, but it is now tentatively scheduled for Sept. 10 or 11. Mayor Thomas Koch made the decision to postpone the event this weekend, citing the ongoing coronavirus pandemic, his chief of staff, Chris Walker, stated.

The Generals Bridge

will link Burgin Parkway to the new municipal parking garage that opened on the former Hancock Lot via the road currently known as Cliveden Street. The Massachusetts Department of Transportation is constructing the span and footing its

\$10 million price tag.

The new bridge will have one 11-foot travel lane in each direction, plus a five-foot shoulder. There will be a sidewalk on each side of the bridge as well. Motorists will only be allowed to

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More Quincy news:
The Quincy Sun.com

A Fit And Firm Midsection

Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

Recently there has been a lot of attention on the abdominal muscles, with the assumption that everyone can develop a ripped midsection. Although genetics influences your ability to achieve sculpted abdominal muscles, there are many things you can do to move in the desired direction.

Consider the three basic physiques, called somatotypes, that largely determine how we look. People who are born with a relatively small number of muscle cells tend to have a linear appearance (ectomorphic physique), and encounter more difficulty in developing large muscles. People who inherit a relatively large number of fat cells generally have a round appearance (endomorph physique), and experience more difficulty in developing defined muscles.

Individuals who are gifted with a relatively large number of muscle cells and a relatively small number of fat cells typically have a triangular appearance (mesomorphic physique),

and have more potential to develop large and defined muscles. These are the same people who characteristically have wide shoulders and narrow hips, as well as large torsos and small midsections. With appropriate training, mesomorphic men and women have the best chance to achieve chiseled abdominal muscles.

A well-designed training program will enable all of us to improve our midsection strength and appearance, even if we don't develop the so-called six-pack set of abdominal muscles prominently displayed by competitive bodybuilders. For most of us, a reasonably lean and tight midsection is an attainable goal that can be realized through proper nutrition and exercise.

Nutrition

The role of appropriate nutrition should not be underestimated with respect to reducing fat and slimming your waist area. In fact, a relatively small decrease in your daily calorie consumption results in the use of stored fat to meet your daily energy requirements. Other

things equal, if you eat just 200 fewer calories on a daily basis, you will lose about a pound of fat every 18 days. Generally speaking, shifting from a typical American diet (too many fast foods and processed foods) to a lower calorie menu that emphasizes vegetables, fruits, whole grains, and quality proteins will cut at least that many calories from your daily food intake.

Exercise

Endurance exercise such as running, cycling, or rowing, provides an excellent means for burning extra calories, as well as for improving your cardiovascular fitness and heart health. Depending upon your training intensity, 30 minutes of these aerobic activities can burn between 200 and 400 calories. Assuming an average of 300 calories per half hour training session, every six hours of endurance exercise should result in a one-pound fat loss.

Strength training also uses a lot of energy during the exercise session, burning about 250 calories in a 30-minute circuit workout.

A typical circuit workout involves 10 to 15 different strength exercises performed with brief rests between stations. However, unlike endurance exercise, strength training requires additional calories all day long for muscle tissue maintenance (repair, remodeling, and rebuilding). Research shows that a single 15-minute circuit strength training session can increase your resting energy expenditure by 100 calories a day for three full days after your workout.

Of course, strength training is also the best activity for developing your abdominal muscles, so that your leaner midsection is fit and functional. Although some people have more muscle-building success than others, the following strength exercises effectively address the major midsection muscles.

• **Machine Abdominal Curl:** Performed properly, this exercise effectively isolates the front abdominal muscle (rectus abdominis), and permits progressive increases in the training resistance to maximize strength development.

• **Machine Rotary Torso:** This exercise targets the oblique muscles on both sides of the midsection. Rotating your torso to the right uses the right internal and left external oblique muscles, and rotating your torso to the left uses the left internal and right external oblique muscles. The rectus abdominis muscle is also involved in both movements, making this an excellent exercise for overall midsection conditioning.

If you do not have access to resistance machines, I recommend the following sequence of bodyweight exercises performed with as little rest as possible between segments.

• **Basic Trunk Curl:** This is the standard abdominal exercise, and it works very well when performed in a slow and controlled manner. Place your hands loosely behind your head to maintain a neutral neck position, and slowly curl your upper back off the floor until your abdominal muscles are fully contracted. Each repetition should be completed in about four seconds (two seconds up and two seconds



WAYNE WESTCOTT

down), so that 15 reps require about one minute of continuous abdominal work.

• **Tower Trunk Curl:**

This is a more challenging movement for your abdominal muscles. Lift both legs off the floor, feet high in the air and knees slightly bent to form a tower-like position. Place your hands loosely behind your head to maintain a neutral neck position, and slowly curl your upper back off the floor until your abdominal muscles are fully contracted. Attempt to touch your elbows with your knees on each controlled repetition. Like the basic trunk curl, try to complete 15 properly performed repetitions in four seconds each.

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DOVE is here for you.

DOVE offers the following services to Survivors of Domestic Violence and Partner Abuse:

Supportive Counseling

- Via Zoom and Phone
- For Adults and Children
- Including Safety Planning, Emotional Support, and Information on Resources

Legal Assistance

- Including Restraining Order Representation
- Legal advice regarding Family Law, Eviction, and Immigration

Every Home should be a Safe Home



Languages available within DOVE's Support Services

- Advocates in our counseling program speak English, Mandarin, Haitian Creole, and French.
- Attorneys in our legal program speak English, Spanish, and Mandarin.
- All other languages are available via phone interpretation

How you can support someone who is experiencing Domestic Violence

- Understand that isolation has decreased their safety and increased the abusive person's control.
- Try to establish safe times to check in over the phone, text, video chat, or email. Be creative in staying in touch - can you play games online, or have a virtual play date with your kids?
- Remind them that you believe them, that they are not alone, and that the abuse is never their fault.
- Call a domestic violence hotline or organization on their behalf to gather information on resources and safety planning if it is not safe for them to get in contact directly.

How to get in touch:

Counseling: 617.770.4065 x 300 • Legal Helpline: 617.770.4065 x 400

For the latest updates and to learn more ways that we can help please visit our website: www.dovema.org

DOVE's Mission

DOVE is committed to partnering with diverse communities, families, and individuals impacted by domestic or partner violence. We promote hope, healing, safety, and social change by providing a broad range of preventive and responsive services.

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FEB

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2021

Perdios Appointed To Open School Committee Seat

By SCOTT JACKSON

New School Committee member Courtney Perdios identified returning students and teachers to the classroom in a safe fashion in the midst of the pandemic as her top priority. She also wants to focus on advanced coursework for younger students and explore ways to have all fifth graders attend classes inside elementary buildings.

Perdios was appointed to a vacant seat on the school board during a Feb. 16 joint convention of the School Committee and City Council, besting three other nominees for the position. Mayor Thomas Koch, the chairman

of the school board, swore Perdios into the seat the following morning during a City Hall ceremony.

Perdios, who finished runner-up in the 2019 school board election, filled the seat left open by the departure of Anthony Andronico last month. Andronico left the school board after being appointed to the Ward 2 seat on the City Council vacated when long-time councillor Brad Croall resigned.

Following her swearing in, Perdios told The Sun she was honored to be chosen for the seat.

"I am very excited for this opportunity, and am

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COURTNEY PERDIOS is sworn in as a member of the Quincy School Committee Feb. 17 by Mayor Thomas Koch at a brief ceremony held in the Great Hall of the James R. McIntyre Government Center (old City Hall). Perdios was appointed to the vacant school seat at a joint convention of the City Council and School Committee Feb. 16. The vacant school seat was created when former School Committee member Anthony Andronico was appointed to the Ward 2 city council seat after former councillor Brad Croall resigned last month.

Photo Courtesy Lisa Aimola/City of Quincy

Koch Recovered From COVID In January

By SCOTT JACKSON

Mayor Thomas Koch had to isolate at home in January when he became infected with COVID-19, and is still dealing with the loss of taste and smell that is symptomatic of the virus.

"I'm feeling good. I don't have my full sense of taste and smell back, but other than that I am fine," Koch told The Sun recently.

"As it has been said, it affects everyone a little bit differently. I didn't get headaches like some people get. I didn't have the temperature like some people get. I had more chills and some aches. Fatigue was the biggest thing for me, really. That first week I came back to work, by 2 o'clock in the afternoon it was like hitting a wall.

"But, I'm all good."

The mayor said he does not get sick often, so it was hard for him to compare his experience with COVID-19 to other illnesses like influenza.

"I generally don't get sick. I don't know that I have ever had the flu. I had issues when I was a kid, but I generally don't get sick. I don't the cold, I don't get the flu...I just don't normally get that stuff, so I have nothing to really compare it against except what you read about what other people have gotten," Koch said.

"My doctor, I called him to let him know I was home with it, and he checked in a couple times. He was concerned about watching my oxygen level and if I had any trouble breathing. He said a lot of people wait too late - if your oxygen levels go below 94 and you have trouble breathing, get to the hospital. My oxygen level did drop, but I didn't have any trouble breathing and eventually it bounced back."

Koch said he contracted the virus from his adult daughter, who resides with him, and he was able to quarantine at home. No one else at City Hall was infected nor was the mayor's wife.

The mayor said he plans to get vaccinated against COVID-19 when he becomes eligible to do so.

"I get my flu shot every year and I had a pneumonia shot a couple years ago," he said. "I will wait 'til my category is ready. I'm not going to get it before someone else who really needs it, so we will follow the guidelines."

"I could make the argument I'm out and about and seeing people and all that stuff, but I don't think I deserve it ahead of a 75-year-old person who has health issues."

The city in recent weeks has partnered with Manet

Community Health Center to offer the vaccine to eligible residents. Koch said the

city is prepared to expand that initiative, if enough shots are available.

"I think we are making a good headway. It's just a matter of getting the vac-

cines in," Koch said. "As soon as we get them in, we

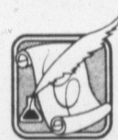
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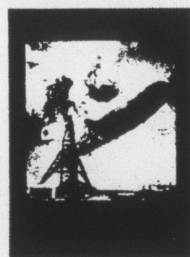
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Moments in time

THE HISTORY CHANNEL

• On **March 13, 1781**, English astronomer William Herschel discovers Uranus, the seventh planet from the sun. It was the first discovery of a new planet in modern times, and the first to be made using a telescope.

• On **March 10, 1876**, the first discernible speech is transmitted over a telephone system when inventor Alexander Graham Bell summons his assistant in another room by saying, "Mr. Watson, come here; I want you."

• On **March 14, 1914**, stock-car racer Lee Arnold Petty is born near Randleman, North Carolina. In 1959, he won the Daytona 500. Lee Petty never lost a race on account of being too kind to his competitors, even if they were family.

• On **March 12, 1933**, President Franklin D. Roosevelt gives his first national radio address broadcast from the White House, in which he explained his recent decision to close the nation's banks.

• On **March 8, 1971**, Muhammad Ali and Joe Frazier meet for the "Fight of the Century" at Madison Square Garden in New York City. The bout marked Ali's return after the boxing commission revoked his license over a refusal to fight in the Vietnam War. Frazier won by a unanimous decision.

• On **March 9, 1981**, a nuclear accident at a Japan Atomic Power Company plant in Tsuruga, Japan, exposes 59 workers to radiation. Sixteen tons of waste spilled into Wakasa Bay, but Japan's Atomic Power Commission made no mention of the accident until more than a month later. By then, radioactive levels of seaweed in the area were found to be 10 times greater than normal.

• On **March 11, 1997**, Paul McCartney, a former member of Beatles, is knighted by Queen Elizabeth II for his "services to music." McCartney became Sir Paul in a centuries-old ceremony of pomp and solemnity at Buckingham Palace in central London.

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Planting roses

In choosing a site to plant a rose bush, pick an area that receives six or more hours of direct sunlight. Some roses will grow in partial shade, but most roses bloom best in full sun. Roses are also heavy feeders and need rich soil to grow well, so work organic matter into the soil before planting. Avoid planting roses under trees, as falling branches will damage them, and avoid any areas that see high winds regularly. — Brenda Weaver

Source: www.thepurpose.com

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BBB Tip: Planning A Getaway During The Pandemic? Take These Precautions

By BETTER BUSINESS BUREAU

With coronavirus vaccinations ramping up, many people are looking forward to traveling again. This may mean planning a summer vacation or even a spring break trip. But the pandemic isn't over yet, and there are still multiple risks associated with traveling — both to your health and your wallet.

What to Know When Planning a Trip

If you are planning a getaway this spring or summer, BBB recommends the following tips to minimize the risks.

• **Understand the risks and delay plans if possible.** The Centers for Disease Control and Prevention (CDC) points out that "COVID-19 cases, hospitalizations, and deaths are extremely high across the United States." Since travel increases your risk of infection, CDC recommends delaying unnecessary travel plans to protect yourself and others from COVID-19. In addition, if anyone in your household or at your travel destination is at high risk of infection, everyone in the household should act as if they, themselves are at increased risk of infection.

• **Research travel restrictions.** Travel restrictions vary by state and country and are constantly changing. Visit the U.S. State Department's "Know Before You Go" page and the CDC Travel Planner to get up-to-date information on COVID-19 related travel restrictions as you plan your trip and as your travel dates approach.

• **Take precautions before and after your trip.** During the 14 days leading up to your trip, avoid situations that could put you at risk for infection, such as attending large group events or using public transportation, recommends the CDC. Then, get tested with a viral test 1-3 days before you travel and keep a copy of your negative test results with you. After your trip, get tested again 3-5 days after arriving home and make plans to self-quarantine for 7 days after travel, regardless of your test results. The CDC also advises getting vaccinated, if eligible, and waiting until two weeks after your final vaccination dose to travel.

• **Pack a "pandemic bag."** Condé Nast Traveler recommends stocking up on pandemic essentials before you head out. Pack a bag with COVID-19 prevention staples including "hand sanitizer, face masks, disinfecting wipes, health insurance cards, a thermometer, latex gloves (for one-time use in public spaces), and hand soap." If you'll be on the road for extended periods of time, it's a good idea to bring

drinks and snacks along too so as to avoid unnecessary stops in public places.

• **Make flexible travel plans.** Flexibility is key during the pandemic. Be willing to pay extra for fully refundable flights, car rentals, and accommodations. Your plans may change last-minute due to an unexpected lockdown or infection.

• **Understand what travel insurance covers.** CNBC reminds travelers that purchasing travel insurance is wise, but it may not cover every situation. Read the fine print or work with a travel agent to understand how your policy works. Most travel insurance will cover medical expenses if you get sick during your trip or the cost of your trip if you must cancel due to illness, but they may not cover the cost of your trip if you need to cancel because a state or city goes into lockdown unexpectedly. Read BBB's tips on buying travel insurance.

• **Opt for a road trip instead of a flying.** Waiting in security lines and sitting on crowded flights will increase your risk of infection, says Nerd Wallet. If you, or anyone you'll be in contact with, is in a high-risk group, it's best to drive. Road travel carries risks too, but it's much easier to mitigate them from within a smaller space you and your family control. Read BBB's tips on renting an RV and buying camping gear.

• **Book accommodations that make it easy to follow COVID-19 guidelines.** Business Insider recommends speaking with the hotel or host before you book a stay. Find out what precautions and sanitary measures they are taking in between guests. Inquire about shared facilities, such as gyms, pools, spas and restaurants. In many cases, such facilities could be shut down until further notice. Make sure you are comfortable with the precautions any hotel or vacation rental has in place ahead of time.

• **Wear a mask and social distance.** To protect yourself and your family, CDC advises travelers to wear a mask, avoid crowded areas and stay at least six feet away from others whenever you are in a public space.

• **Enjoy the great outdoors.** Hiking and camping at state and national parks are a great way to enjoy warmer weather since they don't involve sharing indoor spaces with others. If you want to stay a few days, book your campsite well in advance. Parks have become a popular pandemic vacation option and spaces are limited.

5 Things Retirees Will Wish They Had Known Sooner

Many people planning for retirement anticipate those post-working years eagerly, ready to veg out after a life of toil. Others plan with greater anxiety, unsure whether they even have an identity without their jobs.

But it may be that retirement these days is far different from what either point of view envisions.

"We all have made decisions based on the information we had at the time, but later realized we would have planned differently if we knew then what we know now," says Patti Hart, co-author with her husband, Milledge, of *The Resolutionist: Welcome to the Anti-Retirement Movement*.

"That's definitely true when it comes to planning for retirement."

The Harts don't even think of themselves as retirees, but as "resolutionists," constantly challenging themselves to improve.

"I'm busier now than I've ever been," Milledge Hart says. "I'm using this time to be a better me than I could when my days were structured and my time was spoken for."

With that said, the Harts share five things future retirees may wish they had

known sooner:

• **Retirement isn't what it used to be.** Most people's vision of retirement is built on what the people around them did, but that vision is outdated. "Many of us watched our parents or grandparents settle into a quiet, nondescript life," Milledge Hart says. "We've seen the stereotypical portrayal of aging and irrelevant 'retirees' on TV shows and in the movies." But many retirees today are much more vibrant than those stereotypes and have no intention of sitting quietly on a front porch while the world passes them by.

• **People have more time in this phase of life than previous generations.** Anyone who expects retirement to be a few short years tacked on to the end of their working life could be in for an awakening. In actuality, this period could last 20 to 30 years or more. The average 65-year-old man can expect to live another 18 years and the average 65-year-old woman nearly 21 more years, according to the Social Security Administration. And those, remember, are averages. "Some people could spend more years in their postca-

reer life than they did building their career," Patti Hart says. "Knowing and understanding what that means will help you plan better."

• **It's important to constantly prepare for the next phase.** The Harts acknowledge they should have been planning earlier than they did. Instead, time slipped by. "The horizon is closer than it looks," Milledge Hart says. So, when should you get serious about planning for those post-career years? "Right now would be a good time," he says. "But definitely, the sooner the better."

• **Retirees need to redefine their metrics.** The Harts say it's important for people to redefine how they measure success in this phase of life because it's different from how they likely measured success in their career days. "The goals are likely to be more qualitative than quantitative," Patti Hart says. "For example, one of our metrics one year was to enhance our celebrations. We found that many holidays and special events were filled with unnecessary stress and were too materially focused. We decided to eliminate event-driven gift giving." That simple

change, she says, improved their lives substantially.

• **Being a resolutionist is fun.** If someone had told the Harts when they were in their 30s that their "retirement" years would be filled with so much fun, laughter, and fulfillment, they would have been skeptical. "We laugh more now than we've laughed at any other stage in our life," Milledge Hart says. "This phase is instilled with so much adventure, and it's a feeling that comes from within rather than the happiness of achieving a certain stock price."

"I wish I had known sooner that I could say goodbye to the corporate world and still be interesting and relevant," Patti Hart says. "I wish I had known that retirement is yours to define. I successfully defined my role in the business world, but it didn't dawn on me that I could also reinvent retirement. I don't know why. It seems perfectly obvious now."

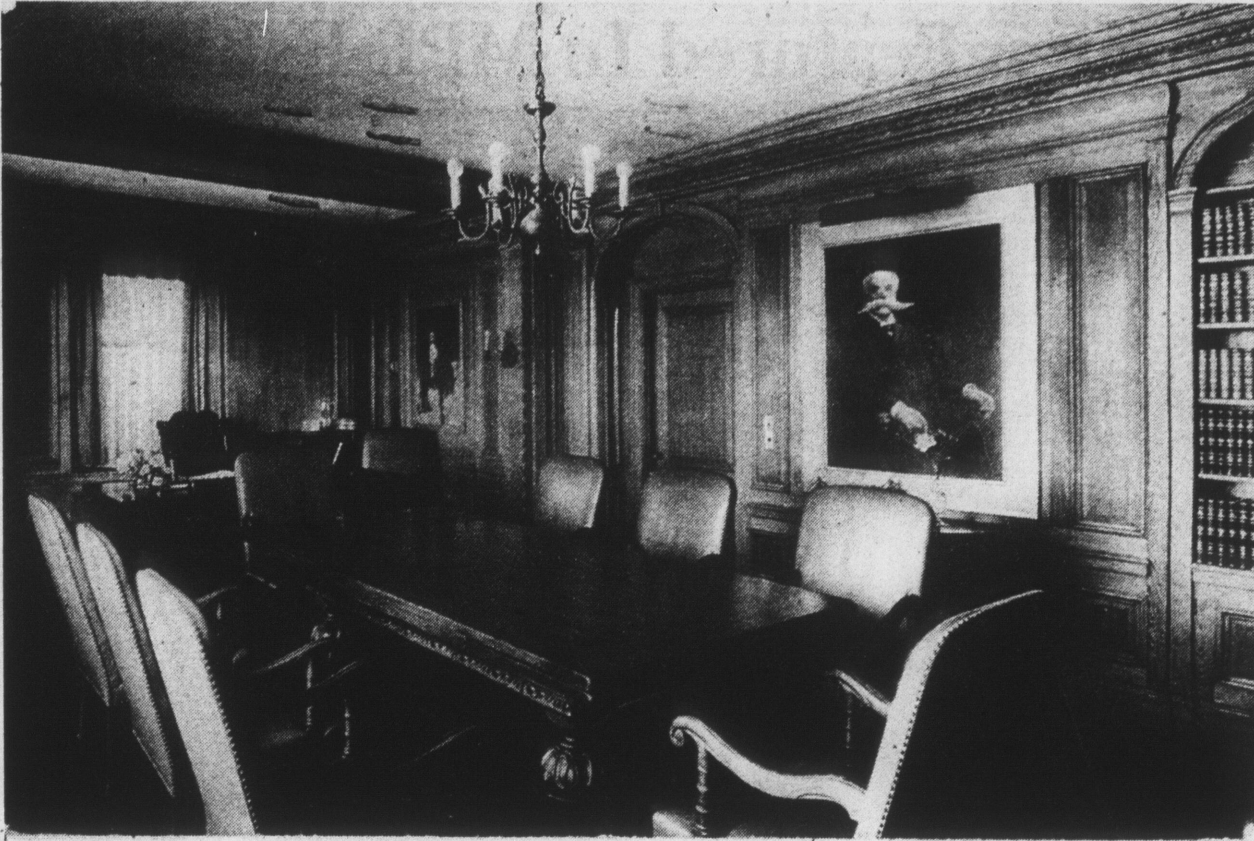
Patti and Milledge Hart, co-authors of *The Resolutionist: Welcome to the Anti-Retirement Movement*, spent more than 30 years as executive leaders in numerous technology and investment

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Scenes From Yesterday



THIS 1929 POSTCARD was one of a series published by the Granite Trust Company to mark the opening of their new 10-story art-deco bank building in Quincy Square. This is a view of the Directors room at the top of the building with a picture of the bank's president, Theophilus King. King had come to Quincy as a young man and served as president of the bank for 50 years. He was involved in many other businesses including being

president of the Quincy Quarries Company that owned and leased out many of Quincy's now defunct quarries. Along with his son, Delcevere, who succeeded him at the bank, King was also one of Quincy's most generous philanthropists. The King Family Trust continues to provide annual gifts to dozens of Quincy's churches and service organizations.

From the Tom Galvin Postcard Collection

Quincy's Yesterdays

This Week
1964
57 Years Ago

Jamaican Compost Plan To Be Evaluated

The results of the Jamaican composting trip taken by Quincy city officials last week will be evaluated at a conference to be held next Monday night at his office, Mayor Amelio Della Chiesa.

Della Chiesa said that he drew the following conclusions as a result of his trip to Kingston, Jamaica:

One, the operation at Kingston is successful in that it converts a waste material to a marketable product at less cost to the city than incineration.

Two, the evidence indicates that the end product is a valuable soil rebuilder and conditioner.

Three, the indications are that there will be an adequate market for the product as it is promoted and advertised and as it becomes better known.

DELLA CHIESA TO SEEK

MORE SNOW REMOVAL FUNDS

Mayor Della Chiesa planned to ask the City Council at its next meeting for an additional \$50,000 for snow removal operations. Since the first of the year the city has spent \$212,000 for snow removal while only \$180,000 was placed in the 1964 budget.

FINANCE COMMITTEE

REVIEWS DPW BUDGET

One hundred jobs have been cut from the Public Works Department budget since 1958 through Mayor Della Chiesa's "No hire, no fire" policy, DPW Commissioner Charles R. Herbert told the Council's Finance Committee.

The Finance Committee cut a total of \$12,995 from the \$2,314,000 Public Works budget requests.

QUINCY-ISMS

The Data-Tech School of Business, 1601 Hancock St., was advertising "Girls, Time to Think, Enroll Now-I.B.M. Key Pinch Courses."... **Dennis A. Carini**, 82 Sagamore Ave., North Quincy, who planned to attend Boston University, and **Jeffrey C. LaPointe**, 45 Bennington St., South Quincy, who planned to attend Boston College, were among 116 area students who were awarded scholarships by the Mass. Board of Educational Assistance... **PFC Thomas P. Tarmey** of 19 Sterling St., Quincy, was recently selected Soldier of the Month for U.S. Army Special Troops, Ryukyu Islands at Okinawa... First National Stores was advertising Porterhouse or N.Y. Sirloin Steak for \$.79 a lb.... **Richard J. Koch, Sr.**, founder of the Koch Club, presented awards to Mr. and Mrs. Paul Lambert and Mr. and Mrs. Anthony Delmonico in recognition of their charitable work for the club. The awards were presented at the 16th annual dinner dance held at the Fore River Clubhouse... **John R. Herbert**, editor of *The Patriot Ledger*, was selected to sit on a jury to select possible recipients for Pulitzer Prize awards in international reporting... Old Colony Liquors, 515 Southern Artery, was advertising Thomas Morton Blended Whiskey for \$3.99 a full quart... **Wilbur B. Lewis**, 33 Samoset Ave., Merrymount, has been appointed as a sales representative at the Braintree office of the Liberty Mutual Insurance Company... "Strait Jacket," a film that "sets a new high in harrowing shock and suspense" starring **Joan Crawford**, was playing at the Strand Theatre... **Paul Jacobs, Jr.**, of 60 Rock Island Rd., Houghs Neck, has been named to the Dean's List at Boston University... **Miss Linda Harding**, of Florence Street, Wollaston, has been named to the Dean's List at Bridgewater State College. She is a sophomore majoring in elementary education... The Board of Managers of the Quincy City Hospital voted to promote **Herbert Cole**, a statistician at the hospital, to the newly created post of Comptroller... The Quincy Knights of Columbus was planning its annual Communion breakfast for March 15th. **Deputy Grand Knight Leo F. McLaughlin** is the general chairman and **Past Grand Knight Adolph J. Concheri**, ticket chairman... The Quincy School Committee appointed **Robert Dolan**, 46 Macy St., and Eben "Buster" Robertson, 1154 Sea St., as junior building custodians at \$77.63 per week.

Practical Fitness: A Fit And Firm Midsection

Cont'd From Page 2

which should take about 60 seconds.

• **Push-Pull:** This is the most demanding exercise in the sequence, and involves the rectus abdominis, internal obliques, external obliques, and hip flexor muscles. Begin by doing a basic trunk curl and remaining in the curl-up position (lower back firmly pressed against the floor). Lift both legs so that both feet are about 10 inches above the floor. Bring your left knee backward and try to touch it with your right elbow as you extend your right leg forward. Now bring your right knee backward and try to touch it with your left elbow as you extend your left leg forward. Alternate this push-pull, trunk twisting action at a slow movement

speed for about one minute.

As your midsection muscles become better conditioned, you may increase the exercise difficulty by moving more slowly, adding repetitions, or both. I recommend performing high-effort abdominal exercises on an every-other-day basis, as the muscle building process takes place during the recovery period between training sessions.

For best results, consider a combination of sensible diet, regular aerobic activity, major muscle group strength training, and specific abdominal exercises. While there is no guarantee that you will sculpt a spectacular six-pack, you should develop a slimmer and stronger midsection, as well as a high level of overall fitness and improved physical

appearance.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the College/Community Fitness Center. He has written 30 books on

physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne can be reached at 617-405-5978 or at wwestcott@quincycolllege.edu.

2 Quincy Students Complete WPI Research Projects

Two students from Quincy recently completed intensive research projects at Worcester Polytechnic Institute in Worcester.

At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to addresses an important societal need or issue.

Timothy Goon, of Quincy, a member of the class of

2022, majoring in computer science, completed a project titled Developing Marketing Strategies for Kyoto Journal with Kyoto, Japan (IQP).

Martin McCormack, of Quincy, a member of the class of 2022, majoring in electrical and computer engineering, completed a project titled Past And Future of Tourism with Venice Project Center.

READERS FORUM

Andronico Launches New Constituent Services Website

For as long as I can remember, the people of Ward 2 have been accustomed to having a councillor who listens to their concerns, assists them whenever possible, and advocates for their best interests at City Hall. When I was sworn-in as the Ward 2 Councillor on Jan. 28th, I made a pledge to uphold these expectations and do my best to build upon the strong foundation laid out by those before me.

Under normal circumstances, I would have the opportunity to say hello to constituents at community events or in the neighborhood, talk about the issues affecting Quincy, and discuss their ideas for the future. These types of conversations are vital to representing the public at City Hall and I regret that safety considerations mean we cannot meet face-to-face at this time. In lieu of those interactions, I have been working on a new resource that will help facilitate conversations and allow my Ward 2 neighbors to get to know me better.

Last week, I launched a brand-new constituent services website; www.AnthonyAndronico.com, that brings Quincy

City Hall right to you. The website allows you to sign-up for a monthly newsletter to receive updates about Ward 2 and the City of Quincy, request assistance with an issue, set up a meeting with me to discuss an idea, respond to a constituent survey so I can reflect your values, and so much more.

During my time in public service, I have worked to advocate for those in my community so that Quincy and the Commonwealth may become better places to live, work, and raise a family. I hope this new resource is of value to you and I look forward to a time in the not-so-distant future when we can gather in-person and work together to improve our community.

Thank you for reading and please do not hesitate to reach out by phone (617-376-1352) or email (aandronico@quincyma.gov) if you feel I can be of any assistance to you or your family.

Anthony J. Andronico
Ward 2 Councillor

Arts & Entertainment

Artist Elizabeth Lazeren Featured In MPL Exhibit

By JEAN HLADY
Milton Public Library

Starting on March 1st and running through April 30, there will be a wonderful virtual art display hosted by the Milton Public Library to show the work of painter Elizabeth Lazeren.

This exhibit will inspire us all as we enjoy some beautiful and colorful landscapes and more. This artist uses "memory, experience, and imagination. She works toward paintings that have a clarity of mood but a vague sense of place. Choosing elements that are signature components of her work, she distills a painting, working towards the goal of emotional and intellectual clarity. Her paintings are in collections from Los Angeles to Newfoundland to the Hart Senate Building in Washington, D.C.

Ms. Lazeren creates many images of the sea. She was trained at the Harford Art School, and at Wesleyan University, and has had several juried shows. These shows include the Copley Biennial Marine Show, the Provincetown Art Association and Museum, the Providence Art Club, the Cape Cod Art Association, and many more. She received an invitation to display one of her paintings at the Cape Cod Museum of Art for both 2019 and 2020, and was an Artist-in-Residence in 2014 at the Weir National Historic Site in Wilton, CT. Her work is displayed at the Hart Senate Offices of former Senator Lieberman in Washington, D.C. to receive the "President's Award" in 2011-2013, and she has received lots of other prestigious honors for her paintings.

Elizabeth's art has also been published in Spectator Magazine, Provincetown Banner, Who's Who in American Art, The Hartford Courant, and others. She was awarded the "Fine Art Studio Online Feature Artist" by Cape Cod Life Magazine - Design in 2013 as well.

This is what the artist has to say about her craft: "I live in Truro, Cape Cod and have been painting since I was 12 years old. I have taught painting to all ages and I continue to seek out workshops from masters that will help me be-



ARTWORK of painter Elizabeth Lazeren will be featured in a Milton Public Library online exhibit March 1 - April 30. This artwork is entitled "Heading Home" and is in color (shown here in black and white).

come a better painter. The outer Cape is where I find the seascapes, art, fellow painters, maritime history and support system that influences my work. Living in this beautiful, seafaring place, I am inspired by its history, environment and the people. I use memory, experience, and imagination when painting...I will begin by making several loose value sketches before I set up my canvas. My process at the easel begins with thinking that less is more and so I distill

an image while constructing it in my mind and then on the canvas..."

You may view this exhibit at www.miltonlibrary.org starting March 1st by using the following link: <https://miltonlibrary.libguides.com/art> For questions about displaying your art at the Library, Email jlady@ocln.org or call Jean Hlady, Head of Adult Services/Reference at (617) 898-4964.

MPL Virtual Programming For Adults, Families During March

By JEAN HLADY
Milton Public Library

During the month of March, the Milton Public Library continues to offer fun-virtual programming for adults and families.

On Tuesday, March 2 at 7 p.m., avid hiker and author Marjorie Turner Hollman will give a Zoom presentation called "Healthy Hiking: Finding Easy Walks Wherever You Are." This talk is based on her latest book, and she has also written several others on similar topics.

The outdoors has been a refuge for many of us throughout the pandemic this year, but lots of places we visit are crowded, and some of them are not well-suited to our abilities. Join this author and learn about a variety of wonderful outdoor spaces that are handicapped-friendly, great for parents, grandparents, and children too! Can't walk very far? Distances of each trail are included in Marjorie's books, along with much more information to help you prepare to have a great time outdoors. Registration is required and is open now at our website (see link below).

Also early this month there will be another meeting of the Celebrity Book Group with Sally and Sara held on Thursday, March 4, at 7 p.m. and the book to be read in advance is "A Good Marriage" by Kimberly McCreight, suggested by Nicole Kidman. If you would like to reserve a copy of this title, call the Reference Dept. at (617) 898-4964 or go to www.miltonlibrary.org to place a hold using your library card.

There will be a Zoom program called "Author Talk: Birdsong for the Curious Naturalist with Prof. Don Kroodsma held on Tuesday, March 9 at 7 p.m. From a leading expert, this book is a basic how-to guide that teaches anyone - from beginner to advanced birder - how to listen. In understandable and appealing language, the author explains why and how birds sing, what various calls mean, and what to listen for from the birds around us. The descriptions are accompanied by color photos, as well as QR codes that link to an online collection of more than 700 recordings.

Prof. Kroodsma is a world-renowned authority on bird-song and he's also Professor Emeritus of Ornithology at the University of Massachusetts, Amherst. or more details about the speaker's impressive career and to register in advance for this fun program, click on the link shown below.

Next Library Director Will Adamczyk will host an event



MILTON PUBLIC LIBRARY will offer fun virtual programming for adults and families during March. One program will feature the five-piece band "Women in World Jazz." The Zoom concert will be held Thursday, March 25, at 7 p.m.

Photo Courtesy Milton Public Library

called "Boston Museum Tour: The Museum of African American History" on Wednesday, March 17 at 7 p.m. via Zoom. In this educational and enjoyable overview of the Museum, we can learn all about the great collections it has to offer.

The Museum of African American History is New England's largest organization dedicated to preserving, conserving, and interpreting the contributions of African Americans. Located both in Boston and Nantucket, the Museum has preserved two historic sites and two Black Heritage Trails that tell the story of organized black communities from the Colonial Period through the 19th century. You can read more all about this incredible organization at www.miltonlibrary.org (click on events from the main page), and advance registration is required to attend the program by signing up at the link shown below.

There will be a meeting of The Virtual Cookbook Club held on Wednesday, March 24, at 6:30 p.m. with Connie and Sara. You can sign up at www.miltonlibrary.org and this time you should choose a recipe from the book Marcus: Off Duty by Marcus Samuelsson. You can read all the details for participation at our events list and registration is open now.

We are bringing back music to our offerings this month on Thursday, March 25, at 7 p.m. with a Zoom concert by the group "Women in World Jazz." This five-piece band, which is perfect for all ages, is very unique as it is an all-female ensemble and offers a multi-cultural experience to blend entertainment and education for your enjoyment. Women in World Jazz brings together women of different nationalities with extensive experience in performance. These interna-

Cont'd On Page 7

FEB

25

2021

Social Security Matters How Will My Wife's Benefits Be Affected By My State Pension?

By RUSSELL GLOOR

National Social Security Advisor

At the AMAC Foundation, the Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: I am 73 and receive a pension from my state's Police and Fire Pension Fund. I took a full pension, so my wife only gets a widow's pension when I die, and this is only a fraction of what my full pension is. I also get a small Social Security benefit, about \$95 a month, and that amount is pro-rated because of the amount of my state pension. My wife is 71 and receives a Social Security benefit of about \$600 a month. When I die, can she get a portion of my Social Security benefit? And will it increase since she will not be getting my full state pension? **Signed: Retired Public Servant**

Dear Retired: The state you live in is one of 26 which have opted for many state employees to not participate in the Federal Social Security program. As a result, your Social Security benefit, earned from work outside of your state employment, is reduced by your state pension. The details of your state pension and what portion of that pension your wife will receive as your widow isn't what affects your, or your wife's Social Security benefit amount. Rather, the base amount of your current state pension is what affects your benefit, due to a rule known as the Windfall Elimination Provision (WEP).

WEP is why your Social Security (SS) benefit is only \$95/month. WEP applies to your personal Social Security retirement benefit (earned from working outside of your state employment) and reduces your Social Security benefit due to your state pension, because neither you nor your state employer paid SS FICA taxes on your earnings. And since your personal SS retirement benefit is reduced by WEP, your wife's spousal benefit (not her widow's benefit) from you would also be reduced, although from the numbers you shared your wife isn't entitled to a spousal benefit.

Your wife's own SS retirement benefit from her own work record is not affected by WEP because WEP applies to your benefits only. And neither will your wife's SS survivor benefit as your widow be affected by your state pension, should you predecease her. If you die first, your wife will be eligible to collect, as her survivor benefit, 100% of the amount you were entitled to before your WEP reduction, if that amount is greater than the SS benefit she is entitled to on her own work record. And that would, again, be totally independent of whatever she receives from your State pension. In other words, your wife's Social Security benefit - her own SS benefit or her survivor benefit - will not be at all affected by your state pension.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

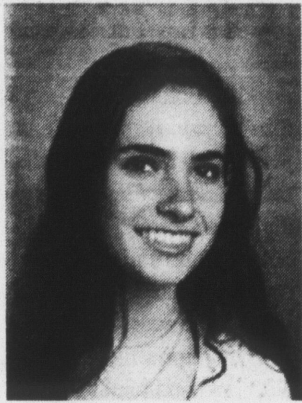
Seven Quincy Students On Stonehill Dean's List

Seven students from Quincy are on the Dean's List for the fall semester at Stonehill College in Easton. They are: Lauren Critelli, Class of 2021; Bridget Durgin, Class of 2021; Dylan McGowan, Class of 2021; Michael Richardson, Class of 2024; Steven Shalvey, Class of 2023; Colleen Stravin, Class of 2021 and Kristen Thornton, Class of 2022.

Two On Honor Roll At St. Sebastian's School

St. Sebastian's School in Needham announces two students from Quincy have been named to the second quarter and first semester honor rolls. They are: Benjamin O. Osunsanya, Grade 7, honors; and Donal J. O'Connor, Grade 8, honors.

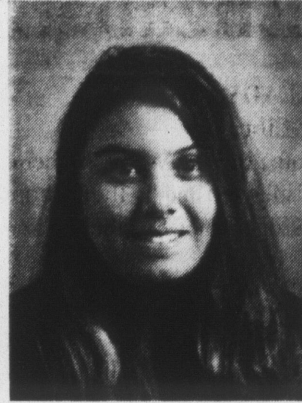
Social



REBECCA MORRIS



CECILY ZHAO



KIARA JUAREZ ESPINAL



SONIA DIJKSTRA

Four Quincy High School Students Recognized With MMEA District, All-State Honors

Four Quincy High School music students were accepted into the Massachusetts Music Educators Eastern District Junior and Senior Festivals after spending many long hours preparing a demanding audition video for the adjudication process.

Soprano Rebecca Morris (junior) was accepted into the MMEA Remote Senior Festival Chorus.

Cecily Zhao (senior) was accepted into the MMEA Remote Senior Festival Orchestra on harp.

Kiara Juarez Espinal

(junior) was accepted into the MMEA Remote Senior Festival Band on bassoon, and Sonia Dijkstra (freshman) was accepted into the MMEA Remote Junior District Festival on cello.

Additional honors go to Cecily Zhao, who was also

admitted into the All-State Festival to perform with the MMEA Remote All-State Orchestra. The choir is directed by Timothy Carew and the band is directed by Michael DeMarco and Matthew Cavanaugh.

Your Big Backyard, The New Normal N.E. Road Trip

During a challenging time when most people are limiting their travel, the Thomas Crane Public Library invites you to join online at 7 p.m. Thursday, Feb. 18 on a rollicking ride around New England — all in just one hour and all from the comfort of your own home.

Author of three books

about New England and longtime "Chronicle" reporter Ted Reinstein is your tour guide as you go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield, and Berkshire foliage to Fenway Park. But Reinstein's 20-plus years of reporting and telling stories from all over New England means this is not your av-

erage bus tour. Prepare to meet colorful characters who've done the darndest things, learn odd facts about familiar places, and of course — this being a Ted talk — expect to visit at least a few fabulous classic diners. (Spoiler alert: Reinstein reveals where to find THE best clam chowdah in America — and it's right

here in New England!) Reinstein will take questions following the talk.

Join on Zoom (meeting ID 889 9461 3078). Using the free Zoom app is recommended. Call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the library's YouTube channel and on its Facebook page.

Physical Therapist Assistant Virtual Open House At Quincy College March 2, April 1

Quincy College is offering a virtual open house for prospective students interested in applying for the physical therapist assistant program.

The two events are scheduled for March 2 from 5:30 to 7:30 p.m., and April 1 from 5:30 to 7:30 p.m.

Located on the Plymouth campus, the Physical Therapist Assistant (PTA) Program is a two-year, five-semester associate degree program. PTA graduates work under the direction and supervision of a licensed Physical Therapist. The PTA program is a combination of foundational education courses, technical education courses, and clinical experience. Graduates of the program have benefited from clinical experiences in locations throughout southeastern Massachusetts, including South Shore Hospital, Long Pond Physical Therapy, the US Department of Veteran Affairs, and several other clinical sites in Southeastern MA and Cape Cod.

During the PTA open house, prospective students will be able to meet program faculty; learn more

about program requirements and financial aid; and speak to current PTA students. Dr. Kathleen Cook, PT, DPT, program chair, will serve as the host of the virtual event.

"As an educator, I am very proud to be part of this program at Quincy College. Physical therapist assistants have an enormous opportunity to work professionally in so many different sectors of healthcare, including skilled nursing facilities, hospitals, acute care, home care, and long term care," said Dr. Cook.

Students complete three clinical experiences during the program to receive training in a variety of clinical environments. These opportunities allow students to develop their technical and professional skills and

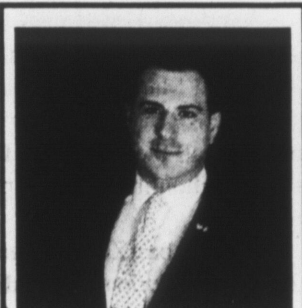
prepare for the job market post-graduation. PTAs are employed by hospitals, outpatient facilities, and rehabilitation facilities and can work in areas specializing in a wide range of topics including geriatrics, pediatrics, neurology, and orthopedics.

As an added bonus, scholarships are now available through the Quincy College Trust. "We are very grateful that the Quincy College Trust is making scholarships available to highly talented applicants," said Dr. Richard DeCristofaro, Quincy College President. "We understand that the need for healthcare professionals is increasing. We are committed to doing our part by providing a quality Physical Therapist Assistant

program."

The Fall 2021 PTA program application is now open; the application deadline is May 1, 2021.

For more information about the Quincy College Physical Therapist Assistant (PTA) Program, and to register, visit the PTA website at <http://www.quincy-college.edu/pta>. You may also contact Judy Benson at jbenson@quincycollege.edu for more information.



Armando Agnitti, Esq. CISR
Anthony Agnitti, CIC, LIA

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Three Quincy Students On Dean's List At Holy Cross

Three students from Quincy have been named to the Dean's List for the fall semester at the College of the Holy Cross in Worcester.

They are:

Aidan Largey, a member of the Class of 2021, major-

ing in classics.

Evo Fearnley, a member of the Class of 2021, majoring in computer science.

Andy Trebicka, a member of the Class of 2022, majoring in computer science.

Quincy Lions Club Celebrating 80 Years Of Community Service

Foundation. Combatting vision problems is the forefront of what the Lions Club does but, we are also working hard on other medical problems and issues that are affecting millions of people in the US and worldwide.

ternational became the only organization to have a nonvoting seat in the UN also helping to establish the NGO (A nonprofit organization that operates independently from any Government) policy for the UN. After a hundred years Lions Club International has

expanded to 46,000 Clubs in over 200 countries with 1.4+ million members and counting.

In the past 80 years the Lions Club of Quincy has had members from all walks of life with one common goal: the Lions Motto "We Serve". In 1988 the Li-

ons club of Quincy invited women to join the club as well, with many wives joining their husbands as members.

The charitable monies raised throughout the year goes to provide much needed services to the residents of Quincy. They have helped to provide eye exams and eyeglasses, vision assisting devices, hearing tests and equipment, working with the food banks, collecting winter coats for those in need as well as supporting other local charities. An annual event that the Lions host is the Luncheon for the visually impaired in December which always ends with

great entertainment and sing-along by the visually impaired guests.

Over time "where there's a need there's a Lion" has spanned the globe. From the earthquakes in Haiti, wildfires in Australia, the devastating Merrimack Valley explosion, and most recently the global pandemic Lions have been "lighting" the way through our donations to Lions Club International Foundation.

The Lions Club of Quincy has also established Scholarships not only for the academic achievements of graduating seniors from both North and Quincy High

School, but they also have set up a "toolbox" scholarship with the Center for Technical Education to help a student acquire needed tools for their trade.

The Lions Club of Quincy has served the City of Quincy proudly over the past 80 years and looks forward to continuing to serve for another eighty years or more, even if most of what they do goes unnoticed by many and cherished by few. If you are interested in learning more about the Lions Club of Quincy please contact them at Quincylionsclub.com or on Facebook at Quincy Lions Club.

WHAT'S COOKING

with
Marie & Susie

By MARIE D'OLIMPIO and SUZIE FALCO



Donut Holes

(for leftover mashed potatoes)

By MARIE

I am always looking for recipes and this recipe I found excited me so much I could not wait to tell everyone about it. It is made with left-over mashed potatoes.

INGREDIENTS AND RECIPE

1 cup mashed potatoes at room temperature

- ¾ cup whole milk
- ½ cup sugar
- ½ cup of sugar for rolling
- ½ stick of butter, melted
- 1 teaspoon of vanilla
- 1 teaspoon cinnamon
- 2 eggs
- 1 and ½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon kosher salt
- Vegetable oil for frying

In a large bowl whisk together the mashed potatoes, milk, ½ cup sugar, the melted butter, vanilla, cinnamon and eggs until smooth.

Add the flour, baking powder and salt. Stir until well combined.

Cover with plastic wrap and refrigerate for one hour.

Heat 2 inches of oil in a heavy skillet. Place the remaining sugar in a shallow bowl.

With a tablespoon, scoop batter carefully and drop the batter into the hot oil.

Work in batches to avoid crowding the pan.

Fry until deep golden brown and cooked through, about 2 minutes per side.

Remove with a slotted spoon.

Place on a paper towel lined plate and then roll in the sugar.

Voila!

Banana Chocolate Chip Muffins

By SUZIE

These muffins are amazing! And the great thing is you most likely have everything in order to make them already in your kitchen.

These take about 15 minutes from the time you make them until they are done. When we make them, they are all gone within a few minutes so we haven't even been able to freeze them, but the recipe says you can freeze for up to four months.

FLOURLESS MINI BANANA CHOCOLATE CHIP MUFFINS

- 1 medium ripe banana, peeled
- 1 large egg
- heaping 1/2 cup creamy peanut butter
- 3 tablespoons honey
- 1 tablespoon vanilla extract
- 1/4 teaspoon baking soda
- pinch salt

heaping 1/2 cup mini semi-sweet chocolate chips

Directions:

Preheat oven to 400F.

Prepare mini muffin pans by spraying very well with cooking spray or just rub in some oil.

Add everything but the chips into blender. Blend well. (I used my nutria bullet!)

Add chocolate chips and stir in by hand; don't use the blender because it will pulverize them.

Using a tablespoon fill mini muffin cups that have been greased about 3/4 of the way.

Bake for 8 to 9 minutes, or until the tops are set, domed, springy to the touch, and a toothpick inserted into the center comes out clean, or with a few moist crumbs, but no batter.

DO NOT BURN - Let cool and enjoy!

Ask Rusty - Avoiding WEP & GPO Reductions

By RUSSELL GLOOR

National Social Security Advisor at the AMAC Foundation,
The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: I am a retired Texas teacher receiving my State pension. I retired in February 2009, before the end of a "loophole" which affected my future Social Security. I had earned enough credits to receive Social Security benefits in addition to my Teachers Retirement System (TRS) pension. At 62 I began getting my SS benefit (reduced by my TRS pension).

My husband didn't start his SS until last year, at which time I contacted Social Security so my benefits would "no longer be reduced" as per the TRS loophole. I have spoken with the local SS office three times and sent them the documents requested, but my SS payment remains the same! How do I bypass the local office to get my benefit increased to the amount I was told when I retired under this Texas loophole? Signed: **Wanting My Increase**

Dear Wanting: Your question requires some explanation of two SS rules known as the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). These rules affect anyone, like you, with a pension from an employer which did not participate in Social Security, and who is also eligible for Social Security benefits. WEP applies to your personal SS retirement benefit; GPO applies to any spousal (or survivor) benefit you might become entitled to.

There are 27 States (including Texas) which, to varying degrees, have exempted some State employees from paying into Social Security. But for employees who, nevertheless, also become entitled to SS benefits, either from other SS-covered employment or a spouse, WEP and GPO

will affect their SS benefits. Both rules apply to you because you did not contribute to Social Security while you earned most of your TRS pension. Your SS retirement benefit was reduced by WEP and, since your husband is now collecting SS, you might be entitled to an additional amount as his spouse, depending on whether the GPO will apply. The GPO did originally contain a "loophole," but the loophole didn't work as you think it did.

When the GPO was first enacted in 1977, it included a rule known as the "last day exemption." That rule stipulated that if, on your last day of employment prior to retirement, you contributed to both your non-covered pension and to Social Security under the same plan the GPO would not apply. State retirees in many of the 27 affected States took advantage of that loophole. That is, until Congress changed the GPO rule to eliminate the loophole.

A change in 2004 eliminated the "last day exemption" and replaced it with a rule saying that a GPO exemption would occur only if the employee contributed to both the non-covered pension and Social Security under the same plan every day for the last 5 years prior to retirement. A "transition" rule sometimes applied which allowed less than 5 years of contributions to both programs immediately prior to retirement. Each State decided if they would permit employees to take advantage of this option, which Texas did until just after you retired in 2009.

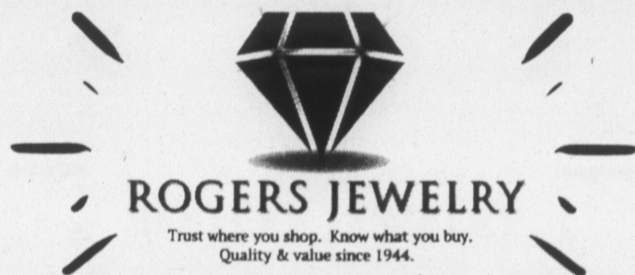
Your own WEP-reduced SS retirement benefit is not affected by, nor will it change because of any

"loophole." Based upon the dates you shared, the "last day exemption" for GPO doesn't apply to you, but the changed rule may. The current rule permits a GPO exemption if you also contributed to Social Security under your TRS pension plan every day during the last five years of your TRS employment, or if the special "transition rule" applies to you. If that is the case, then you are, indeed, eligible for an exemption from the Government Pension Offset and your SS benefit will increase. But if not, the normal GPO spouse benefit reduction of 2/3rds of your TRS pension will be prorated and based only on the months you didn't pay into Social Security.

Since you've already contacted Social Security several times and sent them the requested documentation, I know of no way to "bypass" your local SS office. But it might help to ask your Congressional Representative to intervene by contacting the SSA and request that your case be expedited.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.



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2021

Want Or Need To Retire Early? Tips On How To Pay For It

By ALAN BECKER

Delaying retirement has become common for many Americans, either because they saved too little or they just want to continue working because they enjoy it.

Others go in the opposite direction. They retire early – sometimes out of choice but often because their health or the economy forces it.

While early retirement might sound appealing, it can be a struggle for those who don't have sufficient income to pay their bills. That is why if you are weighing the pros and cons of early retirement, you need to get a good handle on your potential sources of income.

You may find you lack what you need – an especially unnerving conclusion if early retirement isn't really a choice.

But don't despair just yet. It's also possible you have more income options than you realize. Those can be broken down into the categories of bridge income, fixed income, guaranteed

income, and speculative income.

Let's take a look at each to see whether they fit into your situation – and possibly your early retirement plans.

• **Bridge income.** To support yourself in early retirement, you may need to tap into your assets sooner than planned – essentially bridging the gap until your other expected retirement income sources kick in. Fortunately there are ways to do that without incurring penalties for early withdrawal. For example, if you retire before you're eligible for Social Security and Medicare, you can withdraw money from your traditional IRA before age 59½ without paying the 10 percent penalty. That's because of something called the 72(t) provision. Similarly, the Rule of 55 allows you to withdraw money from your 401(k) or 403(b) without penalty if you are between ages 55 and 59½ and have been fired, laid off, or quit your job. (This ap-

plies only to the retirement plan sponsored by your most recent employer, not an older plan from a previous employer. Also, while you avoid penalties with these strategies, you still have to pay taxes on those withdrawals.)

• **Fixed income.** One example of fixed income is real estate rentals. Certainly, there are downsides to being a landlord, but those who manage it right and carefully screen tenants may find this can provide a reliable income. Owning rental properties can come with tax advantages. Beyond that, the property's value typically appreciates in a strong market, making it a potential long-term investment. If need be, you can sell it later in life to pay for such expenses as health or long-term care costs. If you don't like the idea of handling upkeep and dealing with tenants yourself, you could hire a property management company, but that of course adds to your

expenses. Another situation to be aware of is that during COVID-19 some states put a temporary ban on evictions for tenants who meet certain criteria, which could make it hard to collect on rent in those situations.

• **Guaranteed income.**

It's important in retirement to have some income that arrives each month, regardless of what's happening in the market. The most common source of guaranteed retirement income is Social Security. For those considering early retirement, it's worth knowing you can begin drawing Social Security as early as age 62. But there's a caveat. If you claim the benefit before you reach full retirement age (between 66 to 67 for most people), your monthly benefit is reduced and that reduction is for life. Another source of retirement income some people still have is a pension. If you have one, determine whether it provides a reduced benefit (or any benefit at all) to your spouse

after you die. If not, you may want to weigh whether to take a lump-sum payment rather than your regular payout, if that choice is offered.

Finally, an annuity – either fixed or indexed – can provide you with a monthly check as well. Some annuities do come with fees and various rules and limitations, and you also want to research the claims-paying ability of the insurance carriers being considered. So study them carefully before making a decision. A properly licensed financial professional can help you figure out what's best for you and your circumstances as you make that decision.

• **Speculative income.**

One of the risks of retiring early is that you are even likelier than the average person to outlive your savings. That means you may want to keep at least a portion of your money in the market so it can grow. Yes, that does mean you could experience market volatility, but it's worth remembering that historically, after significant market drops, the market has strong recoveries. Still, you and your financial professional should take steps to minimize your risk exposure.

Finally, it's worth noting that with retirement comes extra time, and how you use that time could make a difference in your financial situation. Maybe you could take on a part-time job to pull in extra cash. Perhaps

a favorite hobby could turn into a money-making venture.

Or possibly you just need to be cautious about becoming bored and filling that extra time with too many vacation trips or shopping sprees, spending money you really can't afford to spend.

Even with careful planning, early retirement can still be difficult for some people. If that's the case with you, you may need to adjust your lifestyle accordingly.

Regardless, though, it's important in retirement – early or otherwise – to have an assortment of income sources. Many times the best retirement plans combine three of the aforementioned strategies if not all four. With the right amount of diversity in your portfolio, you may be able to live well in early retirement now, while still growing a nest egg that will see you through your later years.

Alan Becker is president and CEO of Retirement Solutions Group and author of *Return on Investment or Reliability of Income? The True Meaning of ROI in Retirement*. He is an Investment Adviser Representative, has passed the Series 65 securities exam, and is insurance licensed in multiple states, including Kansas and Missouri. Becker also hosts two radio shows. He is a U.S. Navy Veteran and is involved with veteran-related charity endeavors.

Dealing With High Winds, Damaged Trees

A roar of thunder or a vicious gust of wind – while people may stay indoors, trees are forced to weather the storm. Homeowners and local arborists do their best to keep trees in tip-top shape, so they're protected from storms. But many still fall victim to the elements.

According to George Barth, ISA certified arborist at Hartney Greymont, a Davey company, safety is the top priority. "If storm damage left hanging branches or broken power lines, call your arborist to assess the situation ASAP. A limb could fall any time, and power lines could be live, so avoid them at all costs."

How to inspect a storm damaged tree

Barth says that after a storm, walk around your tree and look for these danger signs:

- Hanging or broken branches
- Splits in tree branches
- Broken or uneven tree top, called the canopy
- Decay, holes, splits or cavities in tree trunk
- Heaving soil at the base of the tree
- Pulled or visible root system
- Uprooted or toppled tree
- Entire tree leaning

Barth says, if you do find a broken tree limb, it may be possible to deal with it on your own. "Small, broken branches can be pruned to prevent further damage. Pests see an opening in the tree as an invitation to settle in, which can be especially

harmful as your tree needs extra strength to heal."

Prune broken limbs back to the point where they join a larger branch. If there are strips of bark protruding at the breaking point, remove the branch and smooth the wood with a saw.

Do not attempt to prune large branches or branches that are too high up. Call a professional arborist to clean up storm debris, repair damaged spots by pruning and determine if the tree needs to be removed.

How to save a split tree

After wind storms minor splits can occur. For those on branches that are not hanging or otherwise deformed, let alone, they should heal on their own.

However, if the split looks like a gash and is still connected to an unharmed branch, Barth says take action.

"Smooth the bark out to help the healing process," says Barth. "Think of these splits as more serious injuries that need stitches to

heal. Severe splits on large branches or the trunk aren't an easy fix. These splits are like if you cut a finger badly – a bandage just won't cut it. You need to go to the doctor, and the same is true for your tree."

Cabling or bracing can reduce the potential of limb failure from high winds and from the weight of ice, snow or heavy foliage. Multi-stemmed trees or trees with narrow, V-shaped forks are especially susceptible to this kind of damage.

Arborists use cabling to improve a tree's chance of surviving storms and to reduce the risk of property damage when branches fail. Cables help transfer part of the weight of a weak branch or limb to a stronger one. Cables are intended to prolong a tree's useful life, but do not completely eliminate the risk of potential failure.

Your arborist can give you a definite answer and provide next steps after seeing the tree in person.

To find an arborist in your

region, visit <https://www.davey.com/residential-tree-services/find-a-local-office/>.

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On Feb. 13, members of the Quincy Police Drug Control Unit were working in plain clothes, operating unmarked, non-traditional police cars. They were conducting surveillance in the Quincy Center area of the city on a separate, unrelated, ongoing investigation.

At approximately 5:15 p.m., detectives observed a Nissan Altima turn from Hancock Street onto Alleyne Street and stop at the corner. Detectives saw that the Nissan was a rental vehicle and that it had been recently queried 10 times by various law enforcement agencies. Members of the DCU know that drug dealers often utilize rental cars as a means to shield their identity and criminal history from law enforcement.

Almost immediately after the Nissan stopped, detectives observed a white male wearing a blue shirt walk over to the Altima and enter the front passenger seat. The Altima then traveled up Alleyne Street and took a left turn into the rear parking lot of a business. Detectives then observed the front passenger door open and the white male exit the Altima and walk over to a waiting Hyundai Santa Fe. At that time it was the detectives' belief that the white male was just involved in a drug transaction with the operator of the Altima. This is based on the fact that the white male was picked up at the corner of Alleyne and Hancock and dropped off in the rear parking lot, approximately 40 yards from the location he was picked up.

Detectives followed the Hyundai Santa Fe (the vehicle in which the white male got into) and eventually encoun-

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS

Public Information Officer

Quincy Police Department

tered the occupants at Hancock Street and Willett Street to further investigate. Detectives spoke with the operator of the Hyundai and advised him that he was conducting a drug investigation. Detectives observed the white male, who was observed entering the Altima, seated in the rear seat of the Hyundai. Detectives spoke with this male and instructed him to turn over the drugs he just purchased from the Altima. The white male handed detectives two knotted plastic bags of white powder, which he said was cocaine. The white male admitted to purchasing \$200 worth of cocaine from the operator of the Altima.

As members spoke to the occupants of the Hyundai Santa Fe, other members of the DCU followed the Nissan Altima. A decision was made to stop the Nissan to place the operator under arrest. Officer P. Foley was in the area. He pulled up to the Nissan Altima, activated his emergency blue lights and siren, and then exited his vehicle. Officer Foley ordered the operator to open the door of the vehicle. The operator of the Nissan looked directly at Officer Foley, refused to open his doors and/or step out of the vehicle. Instead, the

operator accelerated forward, crossed the solid double yellow lines, and proceeded on the wrong side of the road on Beale Street towards Adams Street. Officer Foley continued to follow the Nissan with his blue lights and siren activated as it turned right on Adams St. The vehicle eventually came to a stop in front of 600 Adams St. in Milton.

The operator, a 29-year-old male from Milton, was placed under arrest for Distribution of Class B (cocaine). Officer Foley had his passive alert narcotics detection canine Charlie conduct a sniff of the free air surrounding the operator. Officer Foley told detectives that Charlie alerted to the presence of narcotic odor emanating from the crotch area of the male. The male admitted to having another bag of alleged cocaine in the area of his groin. The male then retrieved the substance and handed it to the detective. Detectives recognized this bag to be cocaine based on their training and experience. Detectives also located approximately \$2,200 in cash in the male's pockets.

Back at the police station, a field test of the white substance indicated the presumptive presence of cocaine. The drugs were packaged as evidence and will be sent to the Massachusetts State Police Crime Lab for further analysis. The money recovered from the male was seized as it is believed to be proceeds from illegal drug sales. The male was charged with distribution Class B (cocaine), possession with intent to distribute Class B (cocaine), failure to stop for police, and reckless operation of motor vehicle.

Nice work!

QUINCY POLICE CRIME AWARENESS JOURNAL

SATURDAY, FEB. 13

VANDALISM/PROPERTY (gas cap), 7:09 a.m., Falls Boulevard. Caller states she went to get gas in her car today and discovered someone had changed the lock on her gas cap. She wanted to have it reported on the record so that she can file a complaint with her building management. Caller advised to contact dealership or a local mechanic to resolve the issue.

BREAKING AND ENTERING/PAST (items missing) 11:48 a.m., Granite Street. Past. Watch missing, coin missing. Possibly happened while in the hospital; is suggesting a hospital worker took keys while a patient. When officer asked about items missing, reporting party could not give details. Decided to end call with officer. Incident closed.

SUNDAY, FEB. 14

LARCENY (items missing), 8:26 a.m., Granite Street. Rolex watch was taken, reporting party reported yesterday but caller realizes his medications are missing as well. Will file a supplement to previous report.

VANDALISM/PROPERTY (car keyed), 10:44 a.m., Billings Road. No suspect info at this time. Neighbors checking cameras will call back if necessary.

VANDALISM/PROPERTY (past/possible vandalism), 5:51 p.m., Parkway Mobil, 1269 Furnace Brook Parkway. Customer refused to wear mask, his credit card declined subject then knocked over merchandise.

Requesting officer; party fled in a gray motor vehicle. No crime - advised.

VANDALISM/PROPERTY (vehicle), 11:05 p.m., Wollaston Avenue. Side mirror is hanging off.

MONDAY, FEB. 15

LARCENY (packages/past), 4:29 p.m., Commander Shea Boulevard. Report to be filed. Incident closed.

TUESDAY, FEB. 16

LARCENY (package), 1:04 p.m., Morton Street. UPS package. Case number given. Report to be filed.

LARCENY (money), 2:04 p.m., Wash Dry, 26 Hobart St. Report to be filed.

LARCENY (laptop), 4:30 p.m., Clement Terrace. Laptop stolen Feb. 12. Report.

WEDNESDAY, FEB. 17

LARCENY (packages), 9:38 a.m., Main Street. Caller states that he had packages stolen from his porch yesterday and he has suspect on video from door bell camera. Report to be filed.

VANDALISM/PROPERTY (car keyed), 10:09 a.m., South Street. No suspect information, case number given.

THURSDAY, FEB. 18

LARCENY (package), 11:31 a.m., Hancock Street. Reporting party believes her packages were stolen. Possible suspect info. Report to be filed.

LARCENY/MOTOR VEHICLE, 11:54 a.m.,

Southern Artery. In QPD lobby. Desk handling. Incident closed.

BREAKING AND ENTERING/PAST (motor vehicle), 2:01 p.m., Atlantic Street. Reporting party states his vehicle was broken into last night. Report to be filed.

LARCENY, 3:34 p.m., Quincy Avenue. Party states that on Feb. 14 a package was taken from his address. Report filed.

BREAKING AND ENTERING/ATTEMPT (possible), 9:13 p.m., Pleasant Street. Caller heard someone trying to open rear door, put light on believes party fled. Possible description black sweatshirt, black sweatpants, blue mask. K-13 (775) tracking in area of Brook Road and Water Street. 773 assisting. Report submitted. K13 tracked to 84-88 Brook Rd. where there were wet footprints in the vestibule. Multiple unit complex, unable to go further.

LARCENY/MOTOR VEHICLE, 11:54 a.m., Southern Artery. In QPD lobby. Desk handling. Incident closed.

Calls For Service: 883

Breaking and Entering Motor Vehicle: South Bayfield Road, Appleton Street, Atlantic Street, Montclair Avenue

Breaking and Entering Attempt: Pleasant Street

Breaking and Entering Past: Granite Street

Larceny Motor Vehicle: 1000 Southern Artery

One Million More Residents Eligible For COVID Vaccine

By SCOTT JACKSON

Massachusetts residents ages 65 and up and those with two or more health conditions that put them at severe risk of severe COVID-19 complications are now eligible to get vaccinated against the virus.

Those two groups include more than one million residents, Gov. Charlie Baker said at a press conference Feb. 17. He urged patience and said it could take more than a month for those individuals to get their shots.

"The demand is so much greater than the supply we are getting at this time," Baker said.

"We have to ask everybody to be patient. There is going to be vaccine eventually for everyone and everyone will get an appointment.

It's just going to take a little while."

The state has been receiving 110,000 first doses each week from the federal government in recent weeks, Baker said. Marylou Sudders, the state's health and human services secretary, on Feb. 17 said federal officials have told the state Massachusetts would receive 139,000 doses this week.

Residents over the age of 65 and those with two or more comorbidities that put them at high risk for severe COVID-19 complications are the second groups within phase two of the state's plan to get access to the vaccine.

Residents over the age of 75 were the first group in the second phase to get access to the vaccine, becoming

eligible to do so on Feb. 1. Baker said 251,000 residents within that group had gotten at least one shot as of Feb. 17, representing more than half of the individuals within that group.

As of that date, 1.1 million doses of the vaccine have been administered in Massachusetts. Baker said Massachusetts had administered the most total doses per capita of the 24 states with more than five million residents.

Appointments can be booked online at mass.gov/covidvaccine. Residents without internet access can call 2-1-1 for assistance scheduling an appointment.

The state is using CDC guidelines to determine which health conditions put residents at high risk for

severe COVID-19 complications. The state has also identified moderate to severe asthma as an eligible health condition.

The other eligible health conditions are: cancer; chronic kidney disease; chronic obstructive pulmonary disease; Down syndrome; heart conditions such as heart failure, coronary artery disease and cardiomyopathies; immunocompromised state from solid organ transplant; obesity and severe obesity (a BMI of 30kg/m2 or higher); pregnancy; sickle cell disease; smoking; and type two diabetes.

Two more groups remain in phase two: certain essential workers, including teachers and public health and public works employ-

ees, followed by individuals with one comorbidity.

The general public would become eligible for the vaccine in phase three.

The AARP of Massachusetts applauded the state's decision to move forward with the next phase of immunization to those aged 65 and over.

"On behalf of our 775,000 members and all older Massachusetts residents, we thank Governor Baker for opening the next phase of COVID-19 vaccinations to people aged 65 and over and those with certain health conditions," said Mike Festa, state director, AARP Massachusetts.

"We are also pleased to see that the local Boards of Health will be able to vaccinate homebound seniors,

and that efforts are focused around outreach to vulnerable, hard to reach populations, including homebound seniors, individuals who participate in 'meals on wheels' and others who are eligible but not able to travel to a vaccine site.

"AARP Massachusetts has been urging policymakers to prioritize the vaccination of older Americans because of the risk they face from COVID-19. Since the start of the pandemic, nearly 95% of the deaths from COVID-19 have been among people 50 and older. The science has clearly shown that the older people are, the higher risk they face if they contract COVID-19.

"We support the prioritization of older Americans in the vaccine allocation process," Festa added.

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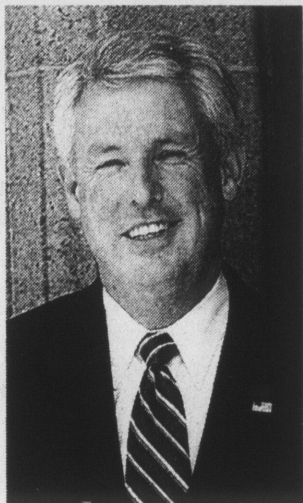
2021

Sen. Keenan To Chair Joint Committee On Housing

Also Assigned Ways And Means Committee, Committee On Post Audit And Oversight

Committee assignments have been announced for the current session of the Massachusetts State Legislature, and Sen. John F. Keenan (D-Quincy) says he looks forward to working with new committee members in both the House and Senate on issues important to his district, from housing and transportation to creating a resilient post-pandemic Commonwealth.

Keenan, who last session chaired the Senate Committee on Post Audit and Oversight, will now serve as



JOHN KEENAN
chair of the Joint Committee

on Housing. The Joint Committee on Housing considers all matters concerning housing, zoning, condominium laws, and other related issues. Most recently, the Committee has worked on housing protections to limit evictions during COVID-19 as well as partnering with the Baker Administration on the Housing Choice Initiative, which will help increase the state's housing stock. "Over the past few years, the cost of rent and the price of homes have continued to rise, threatening the abil-

ity of many to live in Massachusetts. I look forward to working with my fellow committee members and the Governor's team to ensure that housing becomes more available and affordable for families across the Commonwealth," Keenan said.

Now serving as vice-chair of the Joint Committee on Transportation, Keenan says there is a lot of potential for working on legislation that serves people of the Commonwealth in a post-pandemic environment. "As our state continues to recover from the fallout of the pandemic, I believe this is a critical moment for the state to reimagine how means of transportation serve our

communities and can help to rebuild our economy," Keenan said. "It is also a topic of great relevance to my district, which is home to the MBTA Red Line and commuter rail stations, as well as commuters in and around the greater Boston area. I will continue to work with my district and its residents in mind."

Keenan was also assigned to the Senate Committee on Ways and Means, and to the Senate Committee on Post Audit and Oversight, both of which he has served on in the past, as well as a recently created committee, the Senate Committee on Reimagining Massachusetts: Post-

Pandemic Resiliency. A lead sponsor on many substance use treatment and prevention laws passed since first elected in 2011, Keenan will also serve as member of the Joint Committee on Health Care Financing and Joint Committee on Mental Health, Substance Use and Recovery.

"The Legislature has a lot of meaningful work ahead, and I look forward to contributing through my efforts on these committees and on bills my office has filed," Keenan said. "I'm pleased with this session's assignments and look forward to working with my committee colleagues in the coming months."

Perdios Appointed To Open School Committee Seat

Cont'd From Page 3

ready to hit the ground running," she said in an email.

Perdios said her first goal would be to work with stakeholders to bring students and teachers back to the classroom safely amid the pandemic.

"My main priority will be to work with the Re-Entry Task Force, Superintendent's Leadership Team, parents and families, and the Quincy Education Association (QEA) to develop and fine tune a pathway to get our students and teachers back to the classroom in a safe and responsible way," Perdios said.

She also wants to focus on advanced coursework for younger students and explore returning fifth grade students at two middle schools back to elementary schools.

"I am also eager to take part in the discussions looking at how we handle advanced coursework in our school system, especially for our younger elementary-age students," Perdios said.

"Another very important conversation I'm excited to bring to the [School Committee] level is exploring options and developing a concrete plan for returning the 5th graders at Point Webster and South-West Middle Schools back to their respective elementary schools (Marshall and Lincoln Hancock) to ensure an equitable experience for those students and families."

Perdios will serve the remainder of Andronico's term, which expires at the end of the year. Perdios will be eligible to run for a full four-year term in November and previously told The Sun she would do so.

During the Feb. 16 joint convention inside Quincy High School, Perdios received eight of fourteen votes on the first ballot, win-

ning the appointment. Ellen O'Donnell finished second with three votes, Elizabeth Speakman was third with two votes and Liberty Schaaf finished fourth with one vote.

Ward 4 Councillor Brian Palmucci nominated Perdios for the position during the joint convention. He called her a "tireless advocate in our community on various projects...organizations."

"She is certainly the type of person who, once she has something in her head, she will work at it and at it and at it," Palmucci said. "While I may not always agree with every position she has, I have no doubt she will be a valuable member to the School Committee."

Committee member Douglas Gutro seconded Perdios' nomination, noting she has a decade of experience leading parent groups in the city, including the Clifford Marshall PTO and the City-Wide PTO. Perdios has remained involved in the community since the 2019 election, Gutro added.

"Despite Courtney's loss at the ballot box, she did not retreat from her advocacy and her interest in [Quincy Public Schools]," he said, highlighting her service on the school system's re-entry task force since last summer.

"Courtney has not only been a presence, but she has been a voice for parents."

Palmucci and Gutro both

voted for Perdios after nominations closed. Koch and school board member Frank Santoro voted for her as well, as did Andronico and fellow councillors Noel DiBona, Anne Mahoney and Charles Phelan Jr.

After the votes were in, Koch said he voted for Perdios because she finished runner up in the last municipal election.

"Courtney has been very active," he said. "She also has run for the office and came up just a little short, so I think out of fairness she deserves it even though I probably know a couple of the other candidates more closely."

Koch noted Emily Lebo had been appointed to an open seat on the committee during the most recent joint convention in 2016, after DiBona left the committee to join the council. Lebo had run for a committee seat as a write-in candidate in the 2015 municipal election, finishing runner-up to the three candidates who won seats.

Councillors Ian Cain and William Harris, along with committee member Kathryn Hubley, voted for O'Donnell. Cain, who nominated O'Donnell for the seat, touted her background in finance and real estate as well as her service to the community.

"She brings a unique perspective as parent and enthusiast and person who has not only been involved

in Quincy youth sports, but has also been taken part in many of the commissions, including the Community Preservation Committee," Cain said.

Lebo and City Council President Nina Liang voted for Speakman. Speakman is the coordinator of domestic and gender-based violence prevention for the city of Cambridge. Lebo noted while nominating her for the post.

"Ms. Speakman has developed and implemented trauma-informed law enforcement training for the Cambridge police and their community partners, and she has presented this program nationally as well,"

Lebo said. "Liz's work has also included support for equity and diversity initiatives in Cambridge and her home city of Quincy."

Ward 1 Councillor David McCarthy cast the lone vote for Schaaf. In nominating her for the position, McCarthy said Schaaf formerly was the president of the Atherton Hough PTO.

"She is very active - very proactive - and knows the

city inside and out," McCarthy stated.

School committee member Paul Bregoli was not in attendance at the joint convention.

Andronico had served as the vice chairman of the School Committee prior to joining the City Council. Koch told The Sun the vice chair position would be filled at a future committee meeting.

Emma Lynne McGillicuddy On Sacred Heart Dean's List

Emma Lynne McGillicuddy of Quincy has been named to the Dean's List for the fall semester at Sacred Heart University in Fair-

field, CT.

Emma is a member of the Class of 2023 and is a 2019 graduate of Quincy High School.

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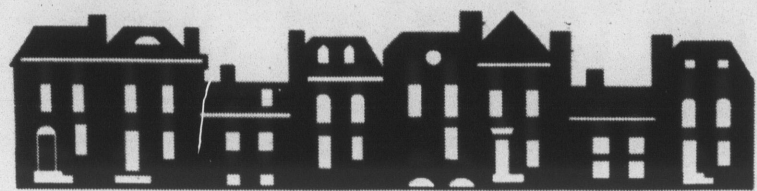
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Real Estate

Quincy Real Estate Transactions February 15 - February 19

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Robert A. & Paul S. Starck
Susan N. O'Connell-Casamassima
Aman Alok & Anshu Aggarwal
Kaitlyn Larrabee
Baker Court LLC
Henry Leung
John & Jayne Korn
Shayne & Vanessa Murray
133-135 Hancock Street LLC
Paul & Hayley R. Hagerty
Donald C. & Christine M. Brennan & Richard C. & Frances A. Young
Elizabeth Sequinot
John C. Barnett
TAF Liberty Street Realty Trust
Marilyn A. Derbes Irrevocable Family Trust

BUYER

114 West Elm Avenue Realty Trust
Ashish V. & Sneha A. Tralsawala
Mudit S. Bajaj & Gurmeet Kaur
Lindsay R. Toma
William Benway
Henjun Zhao
Margaret D. L. Tippit & Margaret M. Fortuna
Marianne Yuling Chen
Jung W. Song
Ming Lei

MA/NH Home Buyers LLC
Brian Palmucci
Rose Tan
Thomas Xie, Xuan Mei & Hua Xie
Eneida B. Marcano-Romero & Au Y. W. Ling

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\$370,000.00
\$615,000.00
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\$775,000.00
\$260,000.00
\$529,900.00
\$325,000.00

\$550,000.00
\$310,000.00
\$345,000.00
\$705,000.00
\$719,000.00

ADDRESS

114 West Elm Avenue
200 Falls Boulevard, Unit H308
64 Garfield Street, Unit C
40 Cross Street, Unit 20
178 Robertson Street, Unit 6
366 Quincy Avenue, Unit 202
11 Tilden Commons Drive, Unit 10-5
118-120 Charles Street
133-135 Hancock Street, Unit 15
230 Willard Street, Unit 604

12-14 Mill Street
138 Willard Street, Unit 9
165-185 Quincy Shore Dr., Unit 78A
126-228 Liberty Street
13 Endicott Street

Ask Barbara Graceffa: 'Secretary Of The Interior' 'More Is More' With Maximalist Décor

A recent guest to my house called my decorating style **maximalist - a term with which I am not familiar. Was she saying my house was cluttered? (It is far from it. I just like being surrounded by what I love!) Eleanor**

Don't be offended Eleanor, maximalism is a curated, controlled, balanced "clutter" in which the homeowner embraces the "more is more" aesthetic. Sounds like she was complimenting you for a cozy home emblematic of your personality.

A complete pendulum swing from the quiet and serene colors, stark walls, and clean simple lines of minimalism, this style exudes excess in colors, patterns, textures, art, and

objects. As you put it, you are surrounded by things you love, a cornerstone of this design.

This is not a new style as Victorian, bohemian, and country style homes are brimming with "stuff." This style can work in traditional homes for a refined and luxurious look as well as in modern homes for a bold or busy look.

Walls can be covered, floor to ceiling, in art or a geometric or large floral wallpaper. Layers are important too, so try layering rugs or piling blankets on your sofa. Showcase your prized collections on a side table or mantle and display all of your books neatly piled on the floor next to a chair or under a table to achieve a maximalist look.

By adding statement pieces and high-energy colors, you can transform your home to quirky and extreme or classic and posh. There are not many rules but too much can look sloppy and chaotic. As in any decor, you aim for beauty and comfort.

In a Better Homes and Gardens article last year, decorator Brian Paquette noted, "It's supposed to look like a collective calamity that's not over decorated." In other words, go big. Plentiful, joyful, and personality-full are the hallmarks of maximalism.

Do you have a decorating problem needing a professional solution?

Send your questions to barbara@sec-interior.com. Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates.

Learn more at www.sec-interior.com and follow her on Facebook and Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.

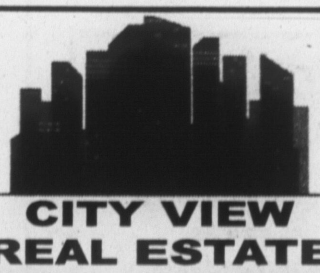
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O'Donnell: Increased Real Estate Numbers In Norfolk County

Despite continuing challenges brought on by the COVID-19 pandemic, Norfolk County Register of Deeds William O'Donnell reports increased numbers in many real estate categories during the month of January.

"The Norfolk County real estate market has continued to be busy," O'Donnell said. "Historically, January as one of the winter months does not see as much real estate activity. However, there were 15,494 documents recorded at the Norfolk County Registry of Deeds which is a 36% increase over last year's January document volume."

"There were 1,285 deeds recorded out of this document volume, representing a 2% increase over January of last year. Average sale price, again including both residential and commercial sales, increased 6% over 2019 to \$951,679.85. The real estate numbers are robust especially considering

that last year's January real estate numbers were prior to the onset of COVID-19 and the COVID-19 emergency declarations."

In addition to real estate sales, the Norfolk County lending market has been busy in January. There were 4,189 mortgages recorded during the month which is a 75% increase over 2019. Total amount of money borrowed for mortgages county wide was over 1.8 billion, a 42% increase compared to January 2019.

"While some of the mortgages are due to purchases and sales of real estate, there are a large number of individuals and families taking advantage off historically low interest rates by refinancing existing mortgages," O'Donnell said. "Individuals have different motivations to refinance. Some refinance to reduce their monthly payments, others to take some years off their debt while still others

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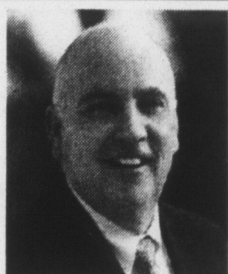
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Koch Recovered From COVID In January

Cont'd From Page 3

get them out."

The city partnered with Brewster Ambulance, Mascon Medical and the Professional Firefighters of Massachusetts to deliver the vaccine to residents of Granite Place and related senior housing buildings earlier this month.

"We're trying to step that up," Koch said.

He also noted that the Quincy Housing Authority is partnering with Stop & Shop Pharmacy to vaccinate its residents.

The city's next focus will be vaccinating teachers and other school personnel once

they become eligible for the vaccine; they are among the essential workers included in the next step of the state's vaccination plan.

"My goal is - at the right step in the right phase - is to get the teachers and the secretaries and all the school personnel done so we can get the kids back in," Koch said.

The mayor said he did not want to second guess teachers' placement in the state's distribution plan.

"I don't know about that, because when you are putting someone ahead, you are putting someone down further," Koch responded when asked if teachers should

have been vaccinated sooner. "I don't want to get into that game. I think they are probably appropriately prioritized."

Students in grades one through three who had been enrolled in a hybrid learning plan will begin full in-person classes five days a week this week.

"Obviously [this] week we are going to start one to three back five days. If that goes well, there is no reason we can't just keep moving forward," the mayor said.

The school system, he added, could accommodate all students in-person with three feet of distancing, provided the state no longer

required it to offer a remote option.

"The three- to six-foot distancing is the issue. If it is three-foot, we can handle it. If we have to keep six feet, we can't get every kid back in the schools. It is physically impossible," Koch said.

"And, of course, a lot of people are still choosing remote, so that probably wouldn't happen anyway, because under state law we have to provide that remote option."

In the interview, which took place on Feb. 17, Koch said Gov. Charlie Baker has done a good job overall

amid the pandemic and declined to question the state's vaccination efforts.

"I think the governor overall has done a phenomenal job from day one," Koch said. "This is not an easy job and in Massachusetts especially, where everyone has an opinion - there are a lot of medical experts in this state, unlike others, that have a lot of opinions."

"I think anything we do in a chief executive role you can always look back and say, 'maybe we could have done this, maybe we could have done that,' but he is making decisions on the ground every day based on

the information he has.

"I am not going to criticize Charlie Baker because he is in a tough spot, he has been leading this thing for months and months and months, and I don't know how he does it every day - some of those press briefings, some of the beat up you get. You make the best decisions with what you have in front of you."

"I would like to see more vaccines. The more we can get, the more we will get on the street. But I'm not going to question his prioritization or his handling of it, because I think overall, he has done a good job."

O'Donnell: Increased Real Estate Numbers In Norfolk County

Cont'd From Page 12

are using the money to pay for home improvements and other capital expenditures" O'Donnell said.

"There has been a strong demand for housing, single family housing particular, coupled with a limited supply of available housing stock and historically low interest rates which could be motivating buyers to do what is necessary to secure housing," O'Donnell continued. "Lending activity was up. The growth in numbers seen in 2020 continues into 2021. However, there are expectations that for 2021 many of the numbers may not be as expansive as what took place in 2020."

The Norfolk County Registry of Deeds has been closely watching the foreclosure market. A moratorium on foreclosures in place during the pandemic in 2020 was lifted on Oct. 17, 2020. This moratorium was in place due to the COVID-19

pandemic.

"During January of 2021 there was only 1 foreclosure deed recorded as a result of foreclosure processes taking place in Norfolk County," O'Donnell said. "Additionally, there were 7 Notices to Foreclosure Mortgages, the first step in the foreclosure process, recorded here in Norfolk County. A foreclosure recording is very impactful on those being foreclosed on. These numbers are extremely low especially when you consider in January of 2019 pre-COVID here were 46 Notices to Foreclosure Mortgages and 15 foreclosure Deeds. The foreclosure numbers in the future bear watching given the negative economic impacts of COVID-19."

"The Norfolk County Registry of Deeds has also been working in close cooperation with Attorney General Maura Healey's office to ensure there are no abuses being perpetrated against

homeowners while the COVID-19 state of emergency is ongoing," O'Donnell noted.

Additionally, for the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," O'Donnell said.

Homestead recordings by owners of homes and condominiums continue to occur at the Norfolk County Registry of Deeds in Janu-

ary.

"A Homestead," noted O'Donnell, "provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. Please visit the Registry website at www.norfolkdeeds.org to get more information on homestead protection."

In conclusion, O'Donnell said:

"Many small businesses and specific sectors of our economy, such as restaurant and hospitality, have been negatively impacted by the ongoing COVID-19 pandemic. One sector that has continued to thrive during the pandemic is the real estate market, particularly the residential market. There have been many factors that have kept the Norfolk County real estate market viable.

Motivated buyers and sellers, low interest rates, and the Norfolk County Registry of Deeds remaining open for the recording of land documents. While the Registry of Deeds building in Dedham remains closed to the general public, we at the Registry remain open operationally to serve our customers, the residents of Norfolk County and real estate professionals alike. By listening to public health officials, practicing social distancing, making sure all staff are wearing masks and taking any and all other steps necessary, the Registry of Deeds has remained open for business.

"Land documents are being recorded electronically for many of our institutional users. We are also receiving documents via regular mail, Federal Express and from those placed in our drop-off box located just outside our main entrance at 649 High St., Dedham, MA. As your Norfolk County Register of Deeds, I want to thank all

of you for the cooperation, patience and understanding you have shown myself and the Registry staff while this pandemic has been ongoing. Be healthy. Be safe."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

City Implementing Food Deliveries For Families Affected By COVID-19

Cont'd From Page 1

to food access due to limited financial resources and/or have no other resources to deliver food. Examples of food box contents may include: spaghetti, apple sauce, rice, beans, peanut butter, clam chowder, canned tuna, dry oats, and crackers.

The City of Quincy Of-

fice of Emergency Management will oversee the program and will execute food deliveries to Quincy residents in need. Individuals or families in Quincy affected by COVID-19 currently in isolation or quarantine

will be given the option of participating in the program during intake interviews with their care resource coordinator at the Community Tracing Collaborative (CTC).

Quincy residents in quar-

antine or isolation may also contact the MA COVID-19 Command Center at 857-305-2728 to participate in the program or can contact Quincy Emergency Management at 617-376-1105 for more information.

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Koch: No Need To Add Social Justice Department

Cont'd From Page 1

Koch, in a recent interview, said he respects the vote of the council but does not believe creating the department is necessary to achieve the intent behind the proposal.

"I'm still grappling with it. I don't see us creating a new department for this," Koch responded when asked about the proposed department. "I think there is a lot of people that work in the trenches on this issue now and if anything, I will give some new assignments to people, add to their responsibilities. But I really don't see a new department coming out of this. I don't think there is a need for it."

"I respect the City Council and their wisdom and vote, but I just don't understand what the need is for this."

"I don't think it is neces-

sary to have a separate department," he added later in the interview.

"I really don't. I think we're doing much of that in HR now. We're doing that in constituent services. We're doing that in the Police Department when it comes to complaints. We're doing that on the school side through the guidance office."

"Again, I respect the councillors and their wishes, but I think everyone is trying to one up somebody else community-wise in these times we're living in."

Koch noted that Ward 3 Councillor Ian Cain, the only Black person to serve on the council, had questioned the efficacy of the proposed department during the council meeting on the ordinance; Cain ultimately voted in favor of it.

"I did see some of Ian Cain's comments with it and

if anybody has credibility on the issue, it's Councillor Cain. He wasn't too persuasive about the need for it," Koch said.

"I saw some of the council president's comments about inequity," the mayor added, referring to Council President Nina Liang. "Show me where. This school system has done an incredible job being inclusive with the amount of resources put into ESL and all the programs necessary. We do incredible work with the learning disabled kids. People come from other communities, move here, to get the services we provide. Show me specifically where the issue is."

When it comes to hiring a more diverse city workforce, Koch said his hands are largely tied; Police and firefighters are hired using the Civil Service sys-

tem while there are several prerequisites for would-be teachers.

"When you get into the hiring, there is certain hiring requirements. If I hire a police officer, I call for a list and go through who is on the list. Fire is the same. The teachers, you have to have your master's degree. You have to pass the MTELs," the mayor said.

"When you really whittle it down to what kind of freedom I have on hiring, it is direct appointees and after that it is not much. Even the laborers it's not much. They don't take a test; they sign up and you go through that list."

Koch said he would discuss his plans to address councillors' concerns with them going forward and added that he is open to hiring additional staff to tackle those issues.

"I will communicate to them...exactly what I'm going to do," he said. "I've indicated with a few of them I just don't see the need for a separate department. I think there are certain areas that we zero in on that we add some responsibilities to some people we have on staff now - I think that may cover it. Or, do we add a person in an existing department to do it."

While he is open to hiring new staff, Koch said creating a separate might not make sense currently given the city's financial position amid the pandemic.

"When you create a department it is more than one person. Then you're getting into other personnel and where does it stop?" he said.

"We're looking at a budget that I see pretty much level funded with the ex-

ception of the fixed costs going up. We don't know what's going on with the economy yet. We took a big hit this past year in revenue. We tried to sustain all the services and didn't lay anybody off because we didn't want to add to the burden of the economy and certainly didn't want to add to the burden on individual families.

"There is a lot of things that have to shake out financially and I don't want to be adding a department and all of a sudden we're laying people off in some other areas. The timing fiscally isn't very good - but I still haven't been persuaded or convinced of the need for a department."

"I say that with all due respect to the councillors. I know the job they do. I just don't see the need."

September Dedication Planned For Generals Bridge

Cont'd From Page 1

take a right-hand turn onto the bridge and a right-hand turn off it.

The bridge will honor 16 generals with Quincy ties who have served in the armed forces since the Revolutionary War, Koch said recently in an interview. Seven of those generals, who have all served since the Second World War, will be honored with statues or busts.

Three four-star generals will have full statues, Koch said. They are: Gen. James McConville, currently the chief of staff of the Army; retired Marine Corps Gen. Joseph Dunford, who served as the chairman of the Joint Chiefs and was the commandant of the Marine Corps before that; and retired Army Gen. Gordon Sullivan, who served as the chief of staff of the Army.

Busts will be dedicated in honor of: Major General Francis McGinn of the Massachusetts National Guard; Ronald Rand, a retired Air Force brigadier general; the late Stephen Keefe, a major general in the Air Force; and the late Charles Sweeney, the pilot of the B-29 that dropped an atomic bomb on Nagasaki during World War II who later became a major general in the Massachusetts Air National Guard.

The mayor has proposed naming and renaming several streets in the vicinity of the bridge in honor of the generals for whom the span will be dedicated. The portion of Cliveden Street between the bridge and Hancock Street would be known as General Dunford Drive and the new part of Cliveden Street linking Hancock

Street to the garage would be known as General Sullivan Way. A new road, linking Granite Street to Hannon Parkway, would be known as General McConville Way.

Each of the five living generals has been invited to speak at the dedication ceremony, Koch said. Keefe's son, David, who also served in the Air Force, has been invited to speak in honor of his father. Richard Stratton, a naval aviator from Quincy who was held prisoner of war during the Vietnam War, has been invited to speak on behalf of Sweeney.

As part of the dedication ceremony, Koch wants to recognize all of the city's living veterans as well as those who are currently serving. To be recognized during the ceremony, veterans and active duty service

members can contact Mary Mulvey via email at mmulvey@quincyma.gov or by phone at 617-376-1990 and provide their name, rank, branch and years of service.

"We're asking any living veterans who went into the service from Quincy or who live in Quincy today that served to give us their information," Koch said. "We want to make them part of the honorary committee. We're going to have a program that day and we want them to list them in the program. And of course, when we do the program itself, we will honor each of the branches with their song."

"General Dunford, when we first talked about this whole thing, was extremely modest and humble. He talked about being embarrassed by this - it's really about the enlisted men and

women. It gave me some thought about how can we incorporate the enlisted men and women and this is a way to do it."

"They will get an invite to the event, they will be listed in the program, and they will be acknowledged at the event."

During the interview - which took place before the decision to postpone the bridge dedication was made - the mayor said he anticipated the city would hold

the high school commencement ceremonies in June in some fashion.

As for Flag Day, Koch said he expected the city would celebrate the holiday in some form on June 12 this year, but it remained to be seen if the traditional parade and fireworks will take place.

"We will watch it although I do think that by June we should be in good shape. I know the president has been talking about July

before everyone is vaccinated, but if everyone that is susceptible has been vaccinated, I think that is a green light in my opinion," the mayor said.

"I think there are going to be certain people that are going to still be cautious. You might see people wearing masks for a while because they are in that routine. Others I think are just ready to explode like a jack in the box to get out and get back to life."

Maeve Collins Has Hands Blessed At Nursing Ceremony

Saint Anselm College sophomore nursing student Maeve Collins of Quincy joined fellow student nurses in the Abbey Church for a blessing before beginning clinical placements.

The blessing of the hands ceremony held on February 5th is a beloved tradition for the college's future nurses, connecting the Benedictine values at the center of their college experience to their future work.

Collins along with 87

other future nurses representing 10 states received the blessing of hands, marking a new chapter in their nursing education by taking the classroom, lab, and simulation learning to the clinical environment.

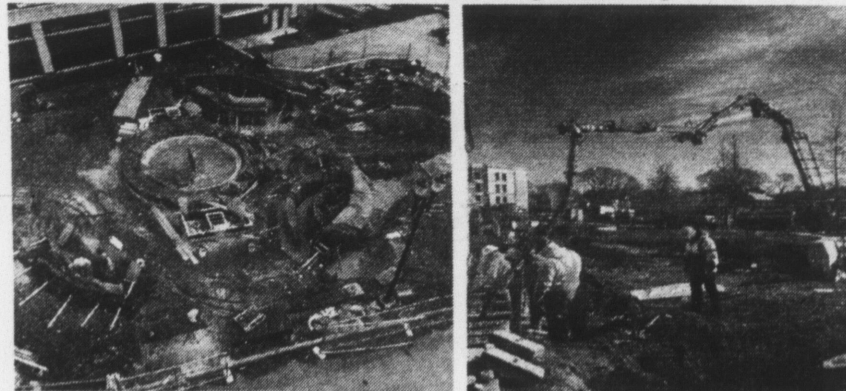
Due to the pandemic, the nursing students were joined by only college faculty and staff while family and friends were able to watch live-streamed. Father Mathias Durette, O.S.B., presided over the blessing.

Sarah McGowan On Endicott College Dean's List

Sarah McGowan of Quincy has been named to the Dean's List for the fall semester at Endicott Col-

lege in Beverly. McGowan is majoring in nursing.

Downtown Construction Activities Proposed work activities for the week of February 21st, 2021



- Construction of the new concrete sidewalks will continue this week along a portion of Hancock St. The contractor will be resetting tree grates, re-constructing concrete panels and finishing the remaining portion of sidewalk in this area. The temporary pedestrian detour remains in place between Albas restaurant and the West of the Chestnut building. Business remains open during construction.
- The contractor at the Generals Bridge project will continue forming and pouring the south concrete barrier walls along the back of future sidewalk.
- The contractor at the General Dunford Drive project will begin forming the wall portion of the new cast-in-place retaining wall along the Nova Suites. The contractor will also be installing new drainage within the planter area behind the granite serpentine bench and begin forming the new sidewalk along Hancock St. In addition, National Grid will continue installing a new gas main from General Drive towards Revere Rd at the Hancock Lot Parking Garage entrance. Temporary barriers remain in place on Hancock St for traffic re-alignment while the project is being constructed. Pedestrians should continue crossing the street at the crosswalk before this area.
- At the McConville Way project the contractor will continue construction of the north and south streetscape aside the new roadway. The streetscape works this week includes mud slabs, concrete sidewalks, and brick pavers. In addition, the contractor will be installing new drainage improvements at the Cliveden Place pedestrian entrance and waterproofing foundation walls. The contractor will continue improvements to the dumpster enclosure between South Shore Health and BAMSI buildings. The alleyway in this area remains closed. At the future pocket parks the contractor will continue construction of the water feature foundation walls, park curbing, park sculpture staircase foundations, bust foundations and holiday tree foundation.
- Abatement of the 100 Parking Way building will continue this week. The contractor will continue removing the material from the building and loading it into a series of dumpsters along McConville Way and Parkway. There remains no parking along this section of McConville Way and Parkway at the building face.

(The photo on the above left shows the continued transformation of the future park that abuts Cliveden Place building. The photo on the above right shows the concrete pour of the new cast-in place retaining wall along the Nova Suites building.)

<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction questions at 781-264-4646 or email at pmccarthy@woodardcurran.com

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2021

Victory Point Restaurant, Cannons Lacrosse, Lead Effort To Donate \$7,000 To Q/NQ Athletes, Scholarships

By KERRY BYRNE

Victory Point restaurant in Marina Bay, its next-door take-out eatery Boardwalk Pizza, and the Cannons Lacrosse Club led a recent effort to donate \$7,000 to Quincy High and North Quincy High students.

The donation ceremony was held Saturday (Feb. 20) at Victory Point and Boardwalk Pizza with Quincy students and family members in attendance.

"We're hoping these donations will help Quincy's student athletes and college-bound young adults achieve their goals on and off the sports field," said Victory Point and Boardwalk Pizza owner Donato Frattaroli, who was joined Saturday by Cannons executive Chris Rucker.

The donations were coordinated by the Quincy-based Pigskin Gala Fund, an annual charitable endeavor centered around the city's traditional Thanksgiving Day football game. The fundraiser was held in the fall, even without the football game.

The \$7,000 donation was shared among four different



VICTORY POINT and Boardwalk Pizza owner Donato Frattaroli, and Cannons Lacrosse Club executive Chris Rucker, present a \$4,000 donation to players and coaches from the joint Quincy-North Quincy boys lacrosse program and the Quincy High School girls soccer program. Photo Courtesy Kerry Byrne

groups: the joint Quincy-North Quincy boys lacrosse program, the Quincy High School girls' soccer program, the Chris "Chief" McCallum Scholarship Fund,

which aids a worthy North Quincy High senior student athlete, and the Stuart Slicis Memorial City of Presidents Scholarship Fund, which goes to the exiting Quincy

High student body president. Both McCallum, a 1992 NQHS graduate, and Slicis, a 1988 QHS graduate, died in recent years under tragic circumstances.

The donation ceremonies were attended by members of both the McCallum and Slicis families and by members of the lacrosse and soccer programs.

The Pigskin Gala Fund has now raised and donated more than \$15,000 for Quincy and North Quincy students over the past four

Cont'd On Page 19

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Quincy Art Association Artist Showcase: Tsun Ming Chmielinski

Tsun Ming (pronounced "Chun Ming") Chmielinski grew up in a Hong Kong that was very much unlike the towering city we know today.

Only a couple years after her birth, Tsun Ming's family fled mainland China due to the looming threat of famine and lockdown. The silver lining of growing up in very tight corners was that she picked up calligraphy from her dad, a skilled calligrapher. At the age of 14, she found herself enraptured with the paintings of the late Zen Master Shaw Lup Sing, and convinced Master Shaw to take her in as his student and protégé in the art of Zen Painting.

In 1976, Tsun Ming emigrated to the United States to pursue an academic education and career, earning a BA in Finance (University of Massachusetts), an MBA (Bentley University), and MA in Business Communication (Emerson College), putting her love of painting on hold and working in high tech.

When Tsun Ming became a mother of two, she decided to leave behind the corporate tech ladder and dove into life as a mother, while reigniting her love of making art. She studied pastel, oil, watercolor, and botanical painting at the Museum of Fine Arts School, Mass College of Art, and Welles-



TSUN MING CHMIELINSKI in her studio.

Photos Courtesy Quincy Art Association

ley College. Then she met the German Sumi-e master painter Jan Zaremba, and studied with him on a weekly basis for 15 years until Jan moved back to Germany in 2015.

Before moving to Quincy three years ago, Tsun Ming lived in Jamaica Plain and was an active member of the local art community, participating in the annual Jamaica Plain Open Stu-

dios. She has many fans and supporters from over 17 years there. Tsun Ming now has her studio in Quincy, where she paints daily and teaches private classes. She has also been running a very successful painting program at Foxhill Village in Westwood since 2009.

Tsun Ming is the recipient of many awards state-wide. Her paintings hang in the collections of corporations and private homes alike. Even though she paints across multiple media, Tsun Ming is best known for her Sumi-e. In her words,

"I love Sumi-e painting! It is spontaneous, simple, and bold! It is like writing,

and calligraphic, yet when I add the dimension of color, there are endless discoveries to reflect so many different feelings and moods. Painting with water and ink also

satisfies my sense of expression through playing. I am motivated to paint because I want to spread my joy and love through my paintings."

To see more of her work,

visit www.tmgallery.org or connect through Instagram www.instagram.com/tchmielinski or Facebook www.facebook.com/tmchmielinski



"GOOD MORNING" painting by Tsun Ming Chmielinski.



PAPER POT MAKERS make it easy to transform newspaper into biodegradable plant pots that are perfect for starting seeds.

Photo courtesy of Gardener's Supply Company

Tips For Seed Starting Success

By MELINDA MYERS

You created your wish list, ordered some or all of the seeds you will need, and they are beginning to arrive. Make the most of your investment with a bit of planning.

Starting seeds at the proper time, indoors or directly in the garden, ensures a good start to the growing season. Check the back of

the seed packet for planting times and directions. Consult your local Extension Service's website for more details on the best time to plant in your area.

Organize your seeds by when they need to be started. You can create your own system or invest in one like Gardener's Supply's seed envelopes and dividers. This system allows you

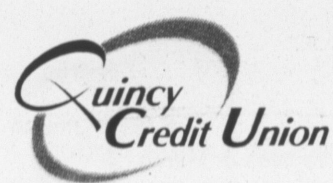
to organize seeds by type, planting season, color, garden location and more. Use your storage system to keep leftover seeds organized for future plantings. It will also save you money on future seed orders. Just be sure to place the seeds in an airtight container in the refrigerator.

Enter planting dates on your calendar as well. Months pass quickly and

it is easy to miss important planting times. Creating a planting calendar will help you plant seeds at the proper time for the maximum benefit.

Gather seed starting equipment and supplies if starting seeds indoors. You will need a quality seed starting or potting mix and clean containers. Use yogurt

Cont'd On Page 17



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Cont'd From Page 16

and other small food containers for starting seeds. Drill holes in the bottom and clean them before planting. Avoid disease problems by sanitizing old plant containers. Soak them in a one-part bleach and nine-parts water solution for ten minutes. Then rinse in clear water before filling with planting mix.

Or try one of the new plastic-free, environmentally friendly seed starting options. Use a paper pot maker (gardeners.com) to convert newspaper into biodegradable plant pots. Consider cow pots made of composted manure that provide nutrients in a biodegradable pot. You can leave your seedlings in these containers when moving them into the garden.

Create your own pot-free seed starter with Gardener's Supply soil blocker. It presses moist potting mix into blocks that hold their shape. The blocks can be moved directly into the garden, reducing transplant shock.

Follow the directions on the seed packets for depth and care. Most seeds prefer warm conditions but do not need light to sprout. Keep the planting mix moist. Cover the containers with a sheet of plastic to conserve moisture and extend the time between watering.

Once you see any green,

it is time to move the seedlings into bright light or under artificial lights. Keep the lights on for no more than 14 to 16 hours and four to

six inches above the top of the plants for best results.

Once your plants are actively growing, you can begin fertilizing if needed.

Check the planting mix to see if a fertilizer has been added and how long it will be effective before adding more. Follow the label di-

rections on the fertilizer you select.

Share the fun and workload with friends and family. Perhaps you will start toma-

toes for everyone, another person handles the peppers and yet another person the eggplants. Or just share extra seeds since each packet usually contains more than most gardeners have space to grow.

Tips For Seed Starting Success

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— William Gross

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Some Winter Scenes From Recent Snow Falls



RECENT SNOW FALLS have created some pretty scenes in Quincy including these streets in the Puritan Road area with snow covered trees. Quincy Sun Photos/Larry Carchedi

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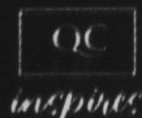
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Mayor's State Of The City Address March 9

Cont'd From Page 1

everything just got kind of put on the back burner for a period there. I will be revisiting some of that probably — in more detail of course.”

During his inaugural remarks last year, Koch announced his intentions to construct a new municipal office building at the site of the Munroe Building in Quincy Center. The building, which could be as many as 15 stories high, would house the offices now located within the glass City Hall

annex. The annex building is need of considerable repairs in the coming years, Koch said at the time, and he is seeking to raze the building instead of making those repairs.

The new building would also provide a permanent home to Quincy College, which currently leases space across the street at Presidents Place.

Koch, in the interview, said plans for the new building would be discussed during the State of the City.

“We will be talking more about that...I know that will be part of my remarks,” he said, adding that it is, “Time to get that back going.”

During his 2020 inaugural, the mayor also announced his intentions to build a new performance arts center in Quincy Center and said he would ask the city of Boston to return John Adams’ personal book collection to Quincy, where it would become the centerpiece of a new presidential library.

Quincy Point Church

This Sunday, Feb. 28 is the second Sunday in Lent. Online Worship is at 10 a.m. on the Quincy Point Congregational Church YouTube channel.

The Lenten Series called, “Holy Vessels” continues this week and the topic is “safe keeping.” The series entices us with the text, “God gathers us as a Beachcomber gathers and marvels at every precious surviving piece of beach glass she finds. We are never alone, we are never lost to the One who seeks humanity’s wholeness. We affirm our commitment to be the Body of Christ that knows we

cannot be personally healed until we see the interconnected community as part of the process of healing. Jesus has the power to revision the family of God in which false boundaries are overcome. In a year of devastating loss of livelihood, we consider the economic health that reimagines status quo.”

Church School for all airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel. Learn about the Wise man who built his house upon rock and explore the parable of the soils, the parable of the lost sheep and the parable of the mustard seed.

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\$7,000 Donated To Q/NQ Athletes, Scholarships

Cont'd From Page 15

years. Past beneficiaries include the band, cheerleading and wrestling programs from both high schools.

"The 2020-21 effort was easily our biggest fund-raising year yet," said Pigskin Gala Host Committee member and Adams Shore resident Francis "Frankie C." Capobianco. "We thank Victory Point, Boardwalk Pizza, the Cannons Lacrosse Club and every other local business and citizen who contributed to the fund despite the many challenges of the past year."

The Victory Point and Cannons donations were supplemented by contributions from many other local businesses and individuals, including the fund's founding contributor, North Quincy alum Alex Kesaris of Braintree Bréwhouse.

The donation on Saturday caps a season of fund-raising efforts by Victory

Point and Boardwalk Pizza on behalf of Quincy and North Quincy student-athletes. Boardwalk Pizza hosted a "virtual Turkey Day game" in November, pitting Quincy vs. North Quincy in a battle to see who loved pizza more. North Quincy won that competition, easily outpacing QHS in its love of pizza.

Boardwalk Pizza also sponsored the "Color Your Home Blue or Red" competition last fall, providing a pizza party at home for the winning family. The competition was won by the Sara Regan Levine family of Wollaston. Her son, former North Quincy football captain Michael Levine, and Red Raiders teammates Brendan Hines, Liam Hines, Matt Craig, Brandon Baker and Tyler Le enjoyed a Boardwalk Pizza party at the Regan Levine home in early February.



VICTORY POINT hosted the Pigskin Gala Fund as it made a \$3,000 donation to the Chris "Chief" McCallum Scholarship Fund and the Stuart Slicis Memorial City of Presidents Scholarship Fund. From left: Stephen Slicis and Tracey Thornill Doherty, representing the Slicis Fund; Kerry J. Byrne and Francis "Frankie C." Capobianco representing the Pigskin Gala Fund; and McCallum's parents Bill and Cathie McCallum.

Photo Courtesy Kerry Byrne

Koch Concerned About Mail-In Voting For Municipal Elections

By SCOTT JACKSON

As state lawmakers consider giving residents the chance to vote by mail in future elections, Mayor Thomas Koch signaled his opposition to having the mail-in option for municipal contests.

Koch said he would support early voting for municipal elections, however.

Massachusetts lawmakers gave residents the chance to vote by mail, and also extended early voting opportunities, last year amid the pandemic. The statewide turnout in the November presidential election was 76 percent, the highest turnout recorded in the state since the 1992 presidential election.

Secretary of State William Galvin this month said he would file legislation that would, among other things, make voting by mail a permanent option for residents going forward. Other lawmakers have filed similar bills.

In Quincy, the schedule for this year's municipal election — which includes races for City Council and School Committee but not mayor — has deadlines for residents to apply to vote by mail ahead of both the September preliminary contest and the final election in November. City Clerk Nicole Crispo said she included those deadlines because the state would likely require the city to offer the mail-in option this year.

Koch, in a recent interview, expressed concern about mail-in voting in city elections. Residents who are able to make it to a polling place should do so, he said,

while the city should help out those who cannot.

"Think of the generations...all these people who fought to protect the rights of this stuff. The least you could do is go down and put the ballot in. Maybe I'm old school, but there has to be some effort made. It's like a contract, right; you've got to make a little effort on this side.

"I don't think we should be mailing for every election. I think that was about the pandemic and I think we should go back as it was. If you're going away, you go in and vote early. There are plenty of options for people.

"By the way, this kind of ballot going out is going to be expensive and if there isn't a lot of interest, think of the waste on the mailing. If there isn't a lot of interest and people aren't going to vote anyway, even if it gets mailed to them it gets tossed aside, that's a waste of resources."

The mayor was also concerned mail-in voting would be an unfunded mandate from the state.

"If the secretary of state is ordering cities and towns they have to do it, then the secretary of state better be prepared to pay for it or I will be suing him for the funding. I get sick of the unfunded mandates. They come all the time," Koch said.

"The Quinn Bill is a good example. That was generated to professionalize [police] departments, then the state pulls the money."

Koch said his concern over the mail-in option is the same regardless of whether or not there is a mayoral

contest on the ballot.

"No," he responded when asked if his opposition to mail-in voting in municipal elections is because there will be no mayoral race this year. "I go back to my argument. I think people should have to make an effort — a little bit of an effort — to go down and cast your ballot. Those that can't, we have a system to provide for that.

"Back to my other argument. If there is not a lot going on in the election, people aren't going to be researching to see what's up. You're going to get a ballot at home. Let's say there is a School Committee race and there's five candidates. In this time, it's harder and harder to reach the voter — 'don't call me at home, don't send me your junk mail' — it's hard to make that connection and with the pandemic ongoing, all the social events where you'd normally meet aren't there. I'm not sure we're doing a service to the candidates when a lot of uninformed voters are going to get the ballot. I don't know. It's a good philosophical question really.

"And I don't think there will be a great turnout if there aren't a lot of heated races, so therefore what kind of money are we spending? If he is paying for it, that's a different argument — he being the secretary of state."

"I still think people ought to have to make an effort to go down and vote. I really do," the mayor added. "You're open 7 in the morning to 8 at night. We've got 24 voting locations. It can't be any easier — and we just

came off a presidential, so people are familiar with where their precincts and everything are. But, after a presidential, as you know, it drops way down again anyway."

Galvin's legislation would also give cities and

towns the option of allowing early voting in municipal elections. Koch said he would support early voting in city elections.

"I think some early voting is good if you're going to be away or if there are legitimate reasons why you

may not be able to get there on that day. Between absentee voting and some early voting, I think it is more than adequate and more than fair," Koch said. "This mailing every time, I don't buy into it."

Live Online: Urban Gardening With The Massachusetts Horticultural Society

The Thomas Crane Public Library invites the public to join live online for a special presentation on urban gardening with Gretel Anspach from the Massachusetts Horticultural Society at 7 p.m. Thursday, March 4.

Urban gardening is about growing food and ornamentals in small spaces. Whether you have a huge yard without the time or desire to tend it all, or an apartment with no outdoor space at all, this talk will give you tips and techniques to start and maintain a garden you can call your own.

Anspach is a Lifetime Master Gardener with the Massachusetts Master Gardener Association, a Trustee



of the Massachusetts Horticultural Society, and a recently retired systems engineer for Raytheon. She has also helped to establish and maintain two food production gardens that have provided fresh produce from the Marlboro Food Pantry for the last eight years.

The Massachusetts Horticultural Society hosts classes and courses designed to

highlight sustainability, cultural practices, and foster a delighted interest in gardening and the natural world for all ages and backgrounds.

Join on Zoom (meeting ID: 828 0653 5133). Using the free Zoom app is recommended. You can call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Crane Library YouTube channel and on its Facebook page.

This program is sponsored by the Friends of the Thomas Crane Public Library and is a special event that will be live only and will not be recorded for playback.

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QATV, Quincy DPW Share MA Access Creator Award

Quincy Access Television (QATV) and Quincy's Department of Public Works (DPW) recently won a Mass Creator Award, taking home first place in the Short Format category.

The Mass Creator Award recognizes outstanding work in television and media within the state of Massachusetts. Mass Access, a non-profit advocacy agency whose mission is to ensure the future vitality of Massachusetts based community media centers, established the Creator Awards in 2018.

Mark Crosby of Quincy Access Television and John Sullivan, director of Waste Management at the City of Quincy, teamed up to deliver two humorous public service announcements (PSAs) in order to inform Quincy residents of how to properly dispose of Christmas trees and of recent changes to recycling within the city.

"Christmas Tree Curbside Collection" (www.qatv.org/episode/christmas-tree-curbside-collection) and the

"Recycle Zone" (www.qatv.org/episode/recycle-zone) were the two entries chosen as finalists with the Recycle Zone capturing a first place honor.

QATV Executive Director Jonathan Caliri remarked on this win, that "the DPW has been a longtime partner of QATV, providing quarterly updates and creating PSAs to keep citizens informed. It is not surprising that the latest examples from Mark Crosby and John Sullivan, who always create entertaining and informational work, were recognized as finalists, and in the case of the Recycle Zone, worthy of first place honors."

Mark explained the creative process behind the Recycle Zone as "a play on The Twilight Zone's witty, stylish and relevant tales with a nod to artist M.C. Escher, and a focus on an environmentally relevant topic of today. QATV's Carol Thermen and John Sullivan of Quincy's DPW understood the vision and expertly delivered the message."

Mass Access enlists local top media professionals as third party judges for the Creator Awards and judging is based on strict criteria to ensure that the most outstanding productions are recognized and honored. Comments from these judges on the Recycle Zone included, "very clever video; the twilight zone elements were superbly well done, nice work" as well as "Fun PSA messaging for a town department video. I would like to see more of these types of programs on government channels; PSAs that are locally produced and not from a feed."

The DPW's Sullivan also commented on the win. "I am very happy to be recognized with this award, of all of the modes of communication at my disposal, working with the staff of QATV is certainly my favorite. Not only is it a lot of fun, QATV reaches a sector of audience that cannot be reached in other ways."

Quincy Access Television is located at 88 Washington St., adjacent to the Thomas Crane Public Library. For more information regarding your local public access channels, call 617-376-1440.

OBITUARIES

Michelina McManus



MICHELINA McMANUS

A funeral Mass for Michelina (Grossi) McManus of Quincy was celebrated Tuesday in St. Elizabeth's Church, Milton.

Mrs. McManus died Feb. 10 at home surrounded by her loving family.

Born in the North End of Boston, she was raised in Dorchester and attended Girls High. She began her career at John Hancock in Boston where she met her husband Paul. She then went on to work in customer service at State Street Bank in Boston for many years before retiring in 1999.

Michelina (Mickey) was a devoted wife and mother and was active in the State Street Retirees and volunteered for Cradles to Cray-

also a proud member of the Boston College High School Mothers Guild.

Beloved wife of the late Paul F. McManus, mother of Paul F. McManus, Jr. and his wife Donna of Boston and Claire McManus of Quincy. She was predeceased by two brothers and four sisters.

Interment at Milton Cemetery.

Memorial donations may be made to Massachusetts General Hospital, Development Office, 125 Nashua St., Suite 540, Boston, MA 02114.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Claire M. Maloney, 92

A funeral Mass for Claire M. (Kineavy) Maloney, age 92, of Quincy, was celebrated Wednesday at Divine Mercy Parish in Saint Mary's Church, Quincy.

Mrs. Maloney died peacefully Feb. 19 at John Adams HealthCare Center.

She was born in Boston, to the late Thomas and Ann (Duffy) Kineavy. She was raised and educated in Jamaica Plain. Mrs. Maloney had lived in Quincy for the past 30 years, previously in Dorchester.

She was employed as a secretary at the Carney Hospital in Boston for 30 years. Following her retirement,

she enjoyed working in food service for the Quincy Public Schools, primarily at the Sterling Middle School.

Most of all, Mrs. Maloney was devoted to her family, especially to her granddaughter and her family.

Beloved wife of the late Philip J. Maloney, Jr. Devoted mother of the late Kevin T. Maloney and the late Philip J. Maloney III. Loving grandmother of Michelle Mahoney and her husband James of Abington. Cherished great-grandmother of Christopher A. Maloney and James J. Mahoney, Jr.

The last of seven sib-

lings, she was predeceased by Thomas, Roger, Francis, Mary, Ann "Nancy," and Eileen.

Mrs. Maloney is survived by her former daughter-in-law and dear friend, Nancy Zuray of Weymouth. She is also survived by her nephew, Thomas Fabrizio and his wife Kathy of Quincy.

Interment at New Calvary Cemetery.

Memorial donations may be made to the charity of your choice.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

READERS FORUM

'There Is Still So Much That We Just Don't Know'

Whether its Dr. Fauci, our esteemed medical professionals, or the "Distinguished" CV-19 experts like Bill Gates, how many times have we heard the above declaration. Was the "Holiday Surge" of CV-19 infections real or a political purge instead?

As the positive CV-19 test rates dip below 2% across the Commonwealth and herd immunity is now projected between April and October, our elected officials are silent and most of our small businesses, schools, theaters, athletic events, youth sports, family gatherings, etc. remain virtual.

Want to get the CV-19 vaccine? Try grappling with the mass.gov website to schedule an appointment, while prison inmates are prioritized over our seniors. Welcome home former Boston FBI agent John Connolly, who was released from Florida prison last week!

While I don't begrudge

inmates or anyone taking a vacation, most of us must get a certified negative CV-19 test 72 hours prior to traveling and then quarantine at most destinations. The optics of Senator Cruz's Cancun "family drop-off" were not good. His state's power grid went down, while nearly 100K tourist including 11 Iranians crossed into Texas this month. Let's also send Floyd Mayweather a belated Happy birthday, as it was great to see Jim Biden and the other mask-less campers celebrating his boxing legacy in Florida!

Should anyone question the integrity of the tragic NY nursing or Holyoke veteran's home decisions by our respective governors a year ago, he or she runs the risk of being cancelled. Between the "Breaking News Weather Updates, what a week for our national media! They devoted more time to Cruz's Midnight Run", the "Rush to get the vaccine" and more cowbell from Fauci and Bill

Gates, whom both may just have a financial interest in the Moderna CV-19 vaccine.

On a positive note and except for our National Guard shoring up the Washington, D.C. Green Zone, liberty is a right for all citizens, not a reward! With the light blanket of snow this past weekend, it was refreshing to see, socialize, and catch up with our neighbors in person, as we shoveled each other out. This morning [Monday], Beth Israel Dr. Michael Gibson on Fox Boston reported that 1.7M shots have been administered to Massachusetts residents, which would leave about 5.3M people if my math and the latest 2020 census figures are correct.

Have we flattened the curve yet or can we stay out past the 9:30 p.m. curfew? If not "there still is so much that we just don't know", and I'm heading to Florida for Floyd's next birthday!

Mike Hussey
Quincy

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Elderly (age 65+) & their companion (age 16+) can receive the COVID 19 vaccine every Thursday at Fenway Park.

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2021

NQ Boys' Basketball Bows To Hingham In Patriot Cup Semifinals

By TOM JOYCE

The North Quincy High boys' basketball team played a competitive game to close out their season last week, but they came up short.

The Raiders faced off against the Hingham Harbormen on the road in the Patriot Cup semifinal game Feb. 18. While the Raiders had defeated the Harbormen the first time they faced off this season back in December, their foe came out on top in this one. Hingham won the game 62-49 to move onto the Patriot Cup championship game against Whitman-Hanson. With the loss, the Raiders finished their season at 8-5 overall.

"Our press really wasn't effective," Raiders head coach Kevin Barrett said. "I give credit to them. When they did break it we were really scrambling to match up out of it and they hit some big shots. They basically shot us out of it."

Hingham got off to a hot start, going on an 8-0 run that they protected for the rest of the game. The run included a pair of three-pointers, and the Raiders called a timeout with 4:07 remaining in the first quarter. Freshman Daithi Quinn snapped the scoring drought for the Raiders with 3:57 left in the first on a free throw.

Quinn, who drew 10 fouls in the game, dropped a team-high 20 points for North Quincy. He also grabbed six rebounds. Junior Colm Geary finished second in scoring for NQ in the game; he put up nine points and had nine rebounds.

As the second quarter progressed, the Raiders clawed back, pulling within

a basket at one point, 17-15, but Hingham got some breathing room after hitting a pair of free throws with 3:18 remaining. It marked the start of a 6-0 run that gave Hingham a 26-19 lead at the half. On the possession preceding Hingham's free throws, Quinn drove the ball to the basket and made a layup despite Hingham having two players trying to defend him in the paint.

In the second half, Hingham continued to play tight defense, and kept their lead at six points or greater throughout it. A few minutes into the third quarter, Quinn made it a 34-28 game after grabbing an offensive rebound. However, Hingham responded with a 6-2 run on a pair of three-pointers to make it a 10-point game once again.

Although North Quincy wouldn't end up winning the game, they kept fighting back. They did make it a single-digit game early in the fourth quarter and cut the deficit to seven points with 6:25 left in the game on a pair of free throws from senior Steve Dalla. However, Hingham responded by hitting a jump shot and a layup on their next two possessions, taking an 11-point lead. After that, the closest the game would get was a nine-point differential.

With the team's season coming to an end, they will lose four seniors to graduation. That includes guard Chuhua Zhang, as well as captains Tyler Le, Steve Dalla, and Agu Ugwu. Barrett said that his team's senior class played a vital role in the team's success in recent years.

"When they came, they jumped in and they were

varsity players from the get-go and we weren't very good," he said. "They were struggling to win three, four games a year. I talked to them about the success that we've had and I directly attribute it to their contributions."

Two days before facing off against Hingham, the Raiders won their third round Patriot Cup game against Plymouth South, 57-39. In that game, Quinn put up a career-high 30 points and had three steals. Plus, Agu Ugwu had eight points and nine rebounds in the win.

Barrett said he was impressed with Quinn's performance in that one and said he looks forward to coaching him in the years to come.

"I've never had a kid come through North in my 15 years and four years prior as a JV coach," Barrett said of Quinn. "He's tremendous. He's got a great IQ, great feel for the game and he's physically ready to play at this level right now. He fits in really well. He's so versatile offensively."

The roster for the Raiders this season included: junior guard Ethan Gao, junior guard Nikko Mortel, sophomore guard Alex Pham, senior guard Tyler Le, senior guard Steve Dalla, senior guard Chuhua Zhang, junior forward/guard Luke Pierron, sophomore guard Nate Caldwell, junior center Colm Geary, senior forward Agu Ugwu, freshman guard/forward Daithi Quinn, sophomore center Marcus Moore, sophomore guard Zach Taylor, sophomore center/forward Dylan Clifford, and junior guard Quonuw Scott.

NQ Girls' Basketball Splits Final Two Games

North Quincy's girls' basketball team finished their season at 8-6 after splitting non-league games over the weekend.

On Saturday, the Fontbonne Ducks visited Walter "Cap" Gymnasium with the Raiders coming out on top 60-42. Playing without starters Fallon Hobin and Kiera Sleiman, North started four freshmen and a sophomore and led after the first quarter 19-12. Orlagh Gormley put up 9 points including a three pointer with Molly Toland adding 6. Freshman center Ava McGrath, getting her first, start added a pair of free throws with Ava Bryan chipping in with a hoop.

The hosts increased their lead to 30-21 at the half with sophomore Mollie Nelson scoring a basket while McGrath added a nice baseline drive for two. The Red and Black put the game out of

reach in the third, outscoring the visitors 23-8. Toland exploded for 9 points including a deep three while Gormley scored 8 and Bridget Capone 4. Nelson added a runner off the glass in the fourth while Jillian Jaehnig scored her first varsity points on a pair of free throws and Caroline O'Donnell scored her first varsity basket on a nice power move inside. Gormley led all scorers with 22 points and had 6 steals and 4 assists in three quarters of play. Toland had a career high 17 points with Nelson finishing with 5.

North traveled to South Shore League runner up Cohasset on Sunday and dropped a 46-40 affair. North jumped out to an 18-10 lead after the first quarter with Gormley and Toland scoring 7 points apiece. The Raiders were outscored 19-9 in the second with Capone, Gormley and Bryan

scoring three points each. North's offense continued to struggle in the second half only scoring 13 points in the final 16 minutes. Gormley, who averaged over 20 points a game, again led the Raiders with 18 with Bryan finishing with 10, Toland 7 and Capone 5. Also playing well defensively were Keira Murphy and Ruby Ahern.

"We had a good season and have finally turned the corner," said Raiders' head coach Paul Bregoli. "We lost 6 games but were in every game and, with a couple of breaks, could have won a few more. We will lose Fallon Hobin next year, and she will be hard to replace, but we return every one else. Gormley had an outstanding season and was fun to watch. If these kids continue to develop and we can add a few good freshmen, we could challenge for a league title next year."

31 Quincy Students On UMass Lowell Dean's List

Thirty-one students from Quincy are on the Dean's List for the fall semester at the University of Massachusetts Lowell.

They are:

Janelle Chin, majoring in chemical engineering; Kevin Gallagher, majoring in composition for new media; Lauren Saccoach, majoring in nursing; Jared Tahan, majoring in information technology; Alaina Villarreal, majoring in clinical lab sciences; Minhthu Nguyen, majoring in nursing; Jazmyn Conrad, majoring in criminal justice; Jessica Tran, majoring in business administration;

Gloria Pierre, majoring in nursing; Maria Masoud, majoring in biology; Tatiana Negron, majoring in business administration; Brian Quach, majoring in exercise physiology; Kawtar Abouyoussef, majoring in music studies; Zhiyang Luo, majoring in mathematics; Kishan Patel, majoring in biology; Mika Hamiti, majoring in computer engineering; Jeffrey Lao, majoring in computer engineering; Karolyn Ho, majoring in public health; Sara Avdulla, majoring in biology; Thomas Tran, majoring in exercise physiology; Taren Chen,

majoring in computer science; Angela Shi, majoring in business administration; Ching Lai Chin, majoring in mechanical engineering; Elizabeth DiMattio, majoring in exercise science; Jinming Mei, majoring in civil engineering; Myky Nguyen, majoring in mechanical engineering; Timothy Riley, majoring in business administration; Yulisa Wu Liang, majoring in business administration; Jeremy Tai, majoring in business administration; Alex Leung, majoring in computer science; and Stanley Leung, majoring in computer engineering.

Bethany Congregational Church

On Sunday, Feb. 28, for the second Sunday in Lent, Bethany Congregational Church will have regular Sunday service at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist.

Church School will be in session this week. For all events at Bethany Church, masks and social distancing

are required. There is no group hymn singing or coffee hour. Masks and sanitizer are available. Areas in use are cleaned after every service.

If you would prefer to stay at home, the on-line service is available. Check the church website for instructions on how to watch.

Bethany Congregational Church is located at

18 Spear St., Quincy. The church website is: bethanycongregational.org. Telephone number is: 617-479-7300.

Broad Horizons Preschool is open and accepting students both full and part-time. To inquire and/or fill out an application, go to the website at broadhorizonsbethany.com or call 617-471-0022.

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Pray for Leaders II" (Ephesians 6:18-20). Reader will be Chantal Parisien.

Online dial-in/web meeting weekly schedule:

- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m.

Community Group Meeting - Gospel of John

• Thursday, 6:30 p.m. Bible Class - Epistle of Paul to Romans

• Friday, 11 a.m. Prayer Group Meeting

The on-line Leadership Training will start on Feb. 24, 6:30 p.m. in exchange to the concluding book of John Community Group Meeting every Wednesday.

For those who want to go to church and attend the Sunday service, make an ad-

vance reservation for each week by dialing 617-472-0824, to Lewann Mina, the church administrator.

For the church online Sunday worship service, go to the church website: www.firstbaptistchurchofwollaston.org/ for Zoom link.

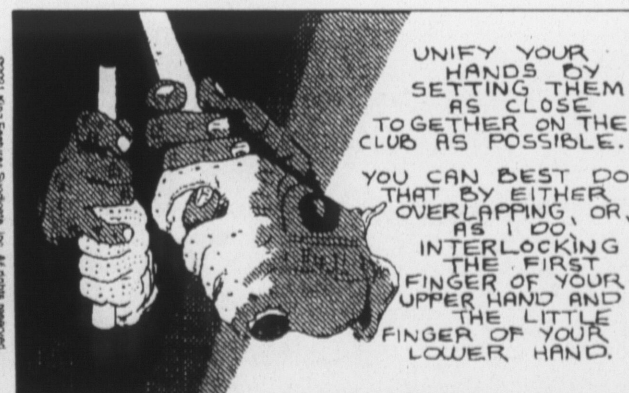
Wai Ka Yu On Dean's List At Western New England University

Wai Ka Yu of Quincy had been named to the Dean's List for the fall semester at Western New England Uni-

versity in Springfield.

Yu is working toward a bachelor of science degree in actuarial science.

Play Better Golf with JACK NICKLAUS



OBITUARIES

Elizabeth S. Doyle, 96

A funeral Mass for Elizabeth S. "Sally" Doyle, 96, of Sandwich and formerly of Jamaica Plain, will be celebrated Thursday at 10:30 a.m. at Divine Mercy Parish in St. Ann's Church, Quincy.

Ms. Doyle died peacefully Feb. 16 at Plymouth Harborside Healthcare.

Born in Boston on Dec. 1, 1924, she was a daughter of the late Chester L. and Lucy (Lee) Doyle. She attended local schools and graduated from the Girl's High School with the Class of 1942. Ms. Doyle was a New England Telephone Operator for many years. She enjoyed her work and the relationships she built throughout the years.

Family was the most important part of her life. Her five daughters were the world to her, and she was happiest when they were all with her. Ms. Doyle was an independent and reliable person. Those who knew Ms. Doyle, often felt that everything was alright when she was at the helm. In her spare time, Ms. Doyle enjoyed playing bingo, going to the casino, playing Bejeweled on her iPad and watching game shows like "The Price Is Right!"

She was loving, feisty and caring. Her life lessons and example are part of her legacy that continue through



ELIZABETH S. DOYLE

her children, grandchildren, great-grandchildren and great-great grandchildren. Ms. Doyle will be missed by all the lives she touched.

She was the wife of the late John R. Doyle, who died in 2008. She was the devoted mother of Susan Flynn and her spouse Ed of Forestdale and Florida, Kathleen Doyle of Plainville, Lee Tibbetts and her spouse Joe of Quincy, Patricia Lemke and her spouse Carl of Forestdale and Sheila Drumme and her spouse Mark of Norwood. Sally was the loving grandmother of 12, the loving great grandmother of 27 and the loving great-great grandmother of 5.

Visiting hours were 4 to 8 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Private interment at Forest Hills Cemetery, Boston.

Memorial donations may be made to a charity of your choice.

Teresa H. Cataldo, 88

A funeral Mass for Teresa H. "Terry" (Egan) Cataldo, 88, of Squantum, formerly of Ireland, was celebrated Tuesday at Divine Mercy Parish in St. Ann's Church, Quincy.

Mrs. Cataldo died peacefully Feb. 13 at Beth Israel Deaconess Medical Center in Boston.

Born in Co. Galway, Ireland, on June 18, 1932, she was the daughter of the late John and Mary (Moran) Egan. She attended local schools and continued her education at St. Joseph's College in Galway. Mrs. Cataldo was very knowledgeable and spoke three languages - English, Gaelic and French.

The first of her family to emigrate from Ireland, she entered the United States through Ellis Island in 1951 at the age of 19. She settled first in Watertown. A few years later, at a dance, she met her future husband, William D. "Bill" Cataldo Jr. Terry and Bill were married on Oct. 18, 1958, and soon settled down in Squantum, Bill's hometown, where they raised their family.

As a wife and mother, Mrs. Cataldo created a happy and loving home. She, a woman of great faith, was for many years a communicant at The Star of the Sea Parish in Squantum. In recent years she found comfort in watching Mass on television and saying the Rosary daily. Terry enjoyed golfing, a hobby she shared with Bill. They were both members of the President's Golf Course in Quincy. Terry and Bill never missed their Friday lunch dates at Quincy's Common Market. Most of all, Mrs. Cataldo



TERESA H. CATALDO

cherished time spent with her children, grandchildren and great-grandchildren.

Mrs. Cataldo was the beloved wife of William D. Cataldo Jr., with whom she shared 47 years of marriage before his death in 2005. She was the devoted mother of Barbara A. Maloney of Braintree, William D. "Liam" Cataldo III and his partner Julia Nielsen of Quincy, John E. Cataldo and his spouse Nina of Oregon, and James M. Cataldo and his spouse Eileen of Dedham. Nana Terry was the loving grandmother of 11 grandchildren and 6 great-grandchildren. She was the dear sister of John Egan and his late spouse June of Woburn, Della MacLaughlin and her spouse Larry also of Woburn, Martin Egan and his spouse Della of Ireland and the late Patrick Egan and Mary MacNamara. Terry is also survived by many nieces, nephews, extended family and friends.

Interment at Massachusetts National Cemetery, Bourne.

Memorial donations may be made to Little Sisters of the Poor at littlesistersofthepoor.org.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

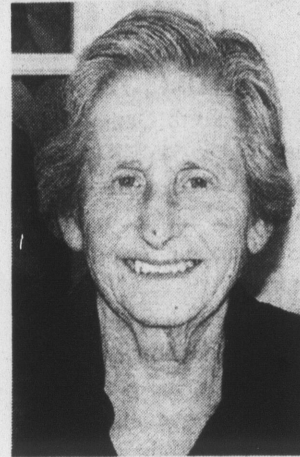
Iolanda Sala, 84

A funeral Mass for Iolanda (Volpe) Sala, age 84, of Quincy was celebrated Feb. 18 in St. John the Baptist Church, Quincy.

Mrs. Sala died peacefully Feb. 13.

Born in Cocullo, Italy, the daughter of Alfonso and Marzia Volpe, she married in 1962 and emigrated to the US in 1971, settling in Quincy along with most of her immediate family.

The beloved wife of the late Erminio Sala, Mrs. Sala was the loving mother of Claudio Sala and his wife Maria Tarulli-Sala of Quincy and Fabio Sala and his wife Kathryn of Winchester; devoted grandmother of Peter, Elizabeth, Eva, Victoria, Olivia, Abigail, and Dylan; great-grandmother of Delilah, Gemma, Gianna, and Giovanni; dear sister of Elsa Marinilli of Braintree and her late husband Domenic,



IOLANDA SALA

Giovanna Iacovangelo and her husband Antonio of Braintree and Peter Volpe his wife Eileen of Quincy; and is also survived by many nieces and nephews.

Interment at Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Mary J. Cascarano

Visiting hours for Mary J. (Sforza) Cascarano of Quincy were held Feb. 20 in Keohane Funeral Home, 785 Hancock St., Quincy.

Mrs. Cascarano died Feb. 14.

She adored her family, especially being a mother and nana. She loved taking care of her family and was a great cook. She enjoyed crossword puzzles and search and finds to keep her mind sharp and her faith was very important to her. Mrs. Cascarano was a proud member of the DAV Auxiliary helping veterans in need. She was a sweet, loving, and caring woman who will be greatly missed by all

who knew her.

Daughter of the late Gaetano and Angelina Sforza. Cherished wife of 51 years of the late Michael F. Cascarano. Loving mother of Frank Cascarano and his partner Kimberly Ashland of Quincy. Sister of the late Theresa Rutigliano, Clara Marganelli, and Frank Sforza. Cherished Nana of Michael W. and Pamela L. Cascarano. Also survived by many nieces and nephews who she loved dearly.

Memorial donations may be made to the Disabled American Veterans, PO Box 14301, Cincinnati, OH 45250.



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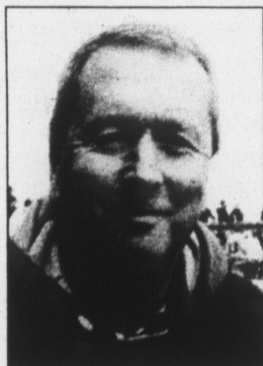
- ◆ Funerals
- ◆ Cremations
- ◆ Pre-Arrangements

Service times and directions at:
www.dolanfuneral.com

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W. Crag DORCHESTER, MA 02124
Paul F. (617) 298-8011
Frederick J.
Courtney 460 GRANITE AVENUE
MILTON, MA 02186
(617) 698-6264

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Andy Hollatz

Fifth Anniversary
2/25/2016 - 2/25/2021



The world changes from year to year
Our lives from day to day
But the love and memory of you
Shall never pass away

Love,
Christine, Alexander & Matthew
Family & Friends

IN MEMORIAM

In Loving Memory Of
CAROL F. KENNEDY

1998 FEBRUARY 24 2021



The world changes from year to year.
Our lives from day to day.
But the love and memory of you,
shall never pass away.

Love always, Mom & family

FEB

25

2021

Joanne M. Nolan, 90

Joanne Miriam (Burnham) Nolan, of Quincy, wife of the late Wilfred A. Nolan, died peacefully Feb. 2 at the young age of 90.

She was born in Hartford, CT on March 6, 1930 to the late Donald Crampton Burnham and Helen Miriam (Pickering) Burnham. She was the older sister to the late Sanford (Sandy) Adams Burnham. She was most affectionately known by her family as "Joie." Her early years on Pleasant Street in Windsor, CT were shared with her family, neighbors, friends and cousins and her very best friend the late Joyce (Greene) Wilson. Her family spent summers at a family cottage lovingly named the "Dinghy" on the shores of Groton Long Point where her love for the beach and for ocean activities was established. Swimming became a passion that she later passed along to her children with swimming lessons at Wollaston Beach and the YMCA in Quincy. On a hot summer day you might have seen her take a dip in your pool on her way home from work!

Seafood was also a favorite and feasting on clams, oysters, scallops, shrimp, crabs and all types of fish were common fare. Her most favorite treat was a boiled lobster dinner with farm fresh corn-on-cob steamed to perfection, enjoyed at home with family and friends or a lobster roll out at lunch. It all tasted better with strawberry shortcake or Grandma's homemade hot fudge sauce over Bringham's vanilla ice cream.

Having the best of both worlds, beach and mountains, her family later spent vacations in Vermont at various cabins her father purchased until finally building a cabin in Newfane that later became her Shangri-La during many seasons. Her love of nature and the outdoors was another passion passed on to her children and grandchildren.

Mrs. Nolan attended public schools in Windsor and graduated from John Fitch

High School in 1948. Her classmates voted her "Best Personality." She moved up to Boston and attended Tufts University (Jackson) and received a Bachelor of Science degree and continued her studies at the Boston School for Occupational Therapy (BSOT), graduating as an occupational therapist in 1953. She worked as an OT after college and returned years later (after raising her family) to work with Easter Seals and the Visiting Nurse Association (VNA).

During her time in Boston she met her future husband, the late Wilfred "Fred" Arthur Nolan, while working at a summer camp for special needs children. They were married on July 31, 1954 in Windsor, CT on what she always referred to as the hottest day of her life! Joanne and Fred enjoyed 37 years of marriage in Quincy raising five children before her beloved Fred passed away in 1991.

Mrs. Nolan joined the United Methodist Church in Wollaston and was an active member with her church family and her Sigma Phi Women's Group for over 65 years. She was part of the Altar Guild and her faithful Sigma Phi friends worked tirelessly on fundraising events including Christmas bazaars, various fairs, silent auctions, social events, and endless bake sales. Very often homemade cookies, coffee cakes, cupcakes, brownies and hermits were left to cool just long enough before being whisked away with a scolding of, "it's for the church!" There was always something left behind for dessert. Crafting projects were frequently underway for church and local charities including knitting prayer shawls and hats for preemies, Project Linus quilts, seasonal wreaths, ornaments and baskets for visiting shut-ins. She practiced volunteerism at church and in her local community, including preparing and serving meals at Father Bill's Place.

Home life with five children was a busy time but

she made quick friends and allies with her neighbors on Standish Avenue and then Monroe Road, and remained friends with them throughout her life. Her talents as a seamstress were apparent with homemade dresses for herself and her daughter's special occasions. A talent happily passed on to all her children and lessons on the sewing machine were not just for girls only. Many years later she was asked how she did it with five kids and her response was, "if you can't beat 'em, join 'em!", a motto she lived by as a mother. Whether on skates, on a sled, or building a snowman in winter, or on bike rides, hikes, and beach combing in the summer, she was part of the gang! Being an early riser, she would sometimes knock at your bedroom door very early in the morning to watch the sunrise or take a bike ride along the beach. She was a den mother for Cub Scouts and a fearless Girl Scout leader introducing many girls to scouting including cooking and camping out.

Her dining room table was always set for Sunday Dinner after church and holidays with fine china and silver flatware. It was a sacred space with faith, family and friends feasting on the fruits of her labors beginning with a prayer of grace. There was always enough room for additional family, friends from church, elderly neighbors, Dad's Navy buddy and his family, exchange students or couples visiting from foreign countries. Chairs were added to accommodate a growing family of daughter-in-law, sons-in-law and then grandchildren. Less formal meals were cooked outside with Fred at the grill and Joanne making the side dishes. Nothing tasted better than one of her picnics packed for road trips or enjoyed at Castle Island in Boston, Townshend Dam in Vermont, or the beach or a lake.

Mrs. Nolan was a cheerful person with a wonderful sense of humor. She never took herself too seriously

and was always fun to be with. Perhaps the reason she loved dressing up on Halloween! She never considered herself old and loved spending time with her children and grandchildren who she fondly referred to as her young people. She would happily tell you her greatest accomplishment was raising her family and she delighted in her grandchildren's amazing personalities, talents and achievements while cheering them on at sporting events, attending recitals and school events or admiring their artwork, handiwork or baking. She felt her life was a journey and those who joined her were her companions. Her companions included many extended family members and friends and her presence and unconditional love will be greatly missed by all who knew her.

She had a wanderlust in her soul which began after college with a cross country driving adventure with her girlfriends. Vacations with her young family included more local trips to Cape Cod, rented cottages on the Connecticut shore, trips to New York, Vermont and Connecticut to visit cousins and camping trips in New Hampshire and other New England states. Her 25th wedding anniversary was spent onboard the Victory Chimes windjammer for a cruise off the Maine coast. She got bit by the travel bug on her trip to Ireland with Fred and Quincy friends. They enjoyed other trips to Florida and visits to Oberammergau Passion Play, Germany, Switzerland and Austria. A trip to Puerto Rico, others to Bermuda and a chartered Caribbean cruise brought home many funny tales of adventure. Her travels continued after Fred's passing and included trips to Scotland, Jane Aus-

ten Tour in England, Italy, France, Tulip Festival in the Netherlands, Nova Scotia and other parts of Canada on a train trip to the Pacific Northwest. Domestically she visited her children from Massachusetts to Virginia, California, North Carolina including the Outer Banks and Oregon to visit her lifelong friend Joyce.

In her later years, she enjoyed being an armchair traveler listening to tales of travel from her children and grandchildren. Her postcard collection contained cards from far flung places such as Thailand and Cambodia, France, England, Italy, Outer Banks, various Caribbean Islands, Vermont, Utah, Colorado, Texas and Washington, DC.

She was a lifelong learner whether taking professional courses for her OT license or courses offered in adult education in writing or painting, yoga, exercise, meditation, stained glass, Shibori tie dye technique or bible study. She enjoyed visiting various museums including the MFA in Boston and loved going to the theater, opera, symphony, Boston Pops or Boston Ballet and also enjoyed watching performances on public television. She was an ardent football fan cheering on the New England Patriots and Tom Brady. She was an avid reader and loved history, animal stories, a good mystery, novel or biography. Sometimes the quiet observer, she loved to disappear into the storyline of a good book. Retaining authors, story plot and characters ready to share if you wanted to listen to a tale. She maintained beautiful penmanship and her letters and inspirational quotes, many still preserved today, give testimony to her ministry of writing thoughtful reflections of joy and encouragement to family and

friends.

Mrs. Nolan is survived by her five devoted children and their spouses, Stephen Nolan and his wife Barbara of Grafton, VT, Robert Nolan of Raleigh, NC, Kathleen Nolan and her husband Paul Fuss of Weymouth, MA, Janet Gast and her husband Richard of Holly Springs, NC and Suzanne Nolan and her fiancé Lawrence Mahoney of Kingston, MA; and her amazing granddaughters, Victoria Nolan, Rosemary Nolan, Katelyn Little (and husband Stephen), Karli Woollens (and husband Lyman), Kelsey Gast, Amelia Fuss, Ariana Bruno and Aliyah Bruno and her loving grandson, Patrick Fuss. She is also survived by her cousins Bruce Burnham, Bettie Pietsche and Janice Lawlor and her sisters-in-law Roberta Wall and Joan Burnham and many adoring nieces and nephews.

During the pandemic there will be a virtual remembrance ceremony shared in the near future. Burial will be private later this year at the Massachusetts National Cemetery in Bourne where Joanne will be laid to rest with her beloved Fred.

Memorial donations may be made to Quincy Community United Methodist Church, 40 Beale St., Wollaston, MA 02170; Interfaith Social Services, 105 Adams St., Quincy, MA 02169 interfaithsocialservices.org/donate; Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301 helpfbms.org/donate; or you volunteer and/or donate to a local children's, civic or environmental organization. And Support the Arts.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.



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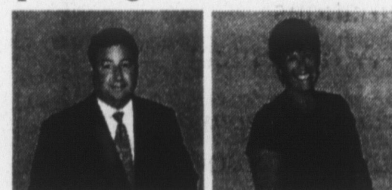
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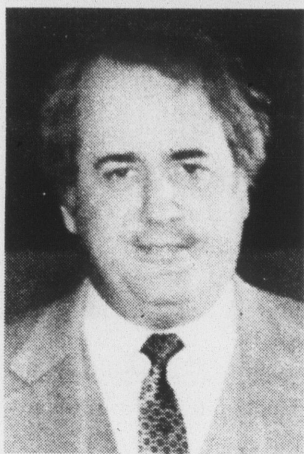
OBITUARIES

John L. Gizzarelli, Jr., 83

John L. Gizzarelli, Jr., age 83, of Quincy, died peacefully Feb. 18 at Beth Israel Deaconess Hospital—Milton.

He was born in Quincy, to the late John L. and Mary E. (DiNicolantonio) Gizzarelli. Raised and educated in Quincy, Mr. Gizzarelli was a graduate of Quincy High School, Class of 1956, and Boston University, Class of 1961. While in the Navy, he and his bride, Ellen, lived in Spain and Morocco. They became parents during their time in Japan and then settled in Odenton, MD for eighteen years. He and his wife relocated to Sharon for over twenty years before finally returning to his roots and moving back to Quincy in 2000.

Mr. Gizzarelli was proud to have served in the U.S. Navy in the early 1960s. Following his honorable discharge from the military, he earned his Juris Doctor degree from Georgetown University Law School, Class of 1973. During his career, he was an assistant U.S. attorney for the District of Columbia and a federal prosecutor and general counsel of the Institute for



JOHN L. GIZZARELLI, JR.

Law and Social Research. He worked as a lawyer at Inslaw, Inc. in Washington, D.C. for many years. When he returned to Massachusetts, he established his own practice in Norwell and then in Quincy.

In his teens and twenties, Mr. Gizzarelli enjoyed photography and was fascinated by the process of film development. In his forties, he began to spend more time cooking as a way to relax and was known for his homemade pasta and pizza—a passion he passed down to his daughter. One of his greatest joys was to host a pizza night for his extended family in December to honor his late father's birthday. He was a lifelong fan of the Boston Red Sox, a love he shared with his father and his sons. While living in Maryland, when his children were little, Mr. Gizzarelli would often take his sons to see the Red Sox play either at Memorial Stadium

or at Fenway Park.

Beloved husband for fifty-nine years of Ellen (Grossman) Gizzarelli. The two attended Boston University and met on a blind date, although they knew of one another having taken a class together. Devoted father of Andrew J. Gizzarelli and his wife Melissa, David A. Gizzarelli and his wife Yoko, and Cara E. Downs and her husband Matthew, all California residents. Loving grandfather of Kazuki Gizzarelli and step-grandfather of Henry W. Downs.

Dear brother of Georgina Valente of Hanover, Elisabeth Day of Hyannis, Ernest Gizzarelli and his wife Margaret O'Brien of Quincy, and Mary Ann Andronico and her husband David of Quincy. Throughout their lives, the siblings remain fiercely protective of one another and share a close bond. John loved them all so much. John is also survived by many nieces, nephews, and cousins.

In light of current events, memorial services will take place at a later date.

Memorial donations may be made to the Red Sox Foundation, 4 Jersey St., Boston, MA 02215 or redsoxfoundation.org/donate.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Avenue, Quincy.

More Obituaries online at
www.TheQuincySun.com

NOTICE OF PUBLIC HEARING

Case ZBA 21-3

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, March 9, 2021 @ 5:30 P.M. to consider the application of **Malcolm Barber, Manager, Baker Court LLC** to reaffirm the previously granted relief (ZBA Case Z18-15) for a **Finding and Variances** to demolish an existing nonconforming two-family house and construct three (3) duplex townhouse buildings (6 units) in violation of Title 17 as amended, Chapter 3.0 (use regulations), Chapter 3.4 (nonconforming uses and structures), Chapter 4.0 (dimensional regulations) and Chapter 5.1.4 (parking setbacks) on the premises numbered **339-341 QUARRY STREET, QUINCY**.

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: Mar 9, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/99371435781?pwd=SFc0TG0vKzR1N1FaOFUyYWIRbXBCUT09>

Meeting ID: 993 7143 5781

Passcode: Quincy

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 993 7143 5781

Passcode: 833909

Find your local number: <https://zoom.us/j/adBV6Dgjr2>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

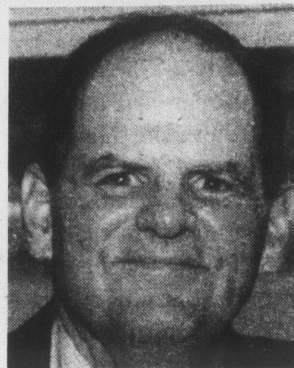
2/18/21, 2/25/21

Roger L. Frechette, 74

Roger L. Frechette, 74, of Quincy died Feb. 18.

The beloved husband of 48 years to Catherine A. (Farnham) Frechette of Quincy. Loving father of Michelle and her husband Scott Forsyth of Quincy and Joseph W. Frechette and his wife Saengjan of Weymouth. Cherished grandfather of Ellie, Ely, Sky, Zain and Aadam.

Brother of Daniel Frechette and his wife Elaine of New York, Ann Marie and her husband Robert Maleszyk of Wilmington, Laurent Frechette and his wife Margaret of New Hampshire and Denise and her husband William King of Foxboro.



ROGER L. FRECHETTE

Mr. Frechette was a proud Vietnam War Army veteran. He had a strong work ethic always working two jobs to support his family—he was a quality control supervisor at Plymouth Rubber Company in Canton and also worked as

a mail sorter for the US Postal Service.

In years past, Mr. Frechette was active at North Bennet Street, Maplewood Caddy Camp in Bethlehem, NH, he was a member of the North Quincy High School track team, he volunteered at the Woodward School for Girls. Mr. Frechette loved fishing and boating. Most of all he loved his family, he will be sadly missed by all of them.

Funeral services are private.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

John E. Ward



JOHN E. WARD

A funeral Mass for John E. "Jack" Ward of Quincy was celebrated Tuesday in Sacred Heart Church, Quincy.

Mr. Ward died Feb. 11 at St. Elizabeth's Hospital.

Born in Boston, he was raised in Milton and graduated from Milton High School and was a veteran of the United States Army. He worked as a truck driver for Teamsters Local 25 and 653 for many years before retiring.

Mr. Ward was an avid baseball fan and a Babe Ruth baseball coach for several years. He was a member of the Quincy Elks, McKeon Post in Dorchester, and was an usher at Sacred Heart Church in Quincy.

Beloved husband of Jean L. (Morrissey). Father of John E. Ward and his wife Annemarie of East Bridgewater, Jean M. Cirafice and her husband Robert of Hanover, Joseph F. Ward and

his wife Ellen of Braintree, James M. Ward and his wife Julie of Middleboro, and Julie A. Kenney and her husband Christopher of Milton. Brother of Catherine Finerty of Milton, and the late Francis Ward, Dorothy Murphy, Charles Ward, Richard Ward, and Carol Martin. Also survived by 13 grandchildren, many nieces and nephews.

Interment at Knollwood Memorial Park, Canton.

Memorial donations may be made to Sacred Heart Church, 386 Hancock St., Quincy, MA 02171.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Janet L. Piller, 86



JANET L. PILLER

Janet L. (Kennedy) Piller, age 86, of South Weymouth died Feb. 18 with loving family by her side.

Mrs. Piller was born, raised, and educated in Quincy. After high school she worked for a short time at John Hancock prior to marrying her beloved husband, Lawrence, in 1957. After starting a family in Quincy, Janet and Lawrence settled in South Weymouth where they have resided ever since.

Being a natural caregiver, Mrs. Piller loved caring for not only her family and grandchildren but also volun-

teered her time helping children in need. She also was very dedicated to Old South Union Church and in later years spent a lot of time at the Whipple Center where she made many friends.

She was predeceased by her husband of 58 years, Law-

rence Piller. She is survived by her loving children Laurie Barker and her husband George of S. Weymouth, Joseph Piller of CT, and Shelley Cavallo and her husband Orlando of Pembroke, her grandchildren Brian, Leah, Derek, Lauren, Amanda, and Orlando III, and her great-grandchild Christopher.

A private funeral service will take place prior to Mrs. Piller's interment at Massachusetts National Cemetery in Bourne.

Funeral arrangements were made C. C. Shepherd Funeral Home, Weymouth.

Martin X. Ford, Sr.

Martin X. "Marty" Ford, Sr., of Quincy died peacefully Feb. 17 at home surrounded by his loving family.

Marty adored his family and loved spending time with his grandchildren. He proudly served in the United States Marine Corps during the Korean War and earned a Purple Heart. He was involved with the Outward Bound Program for veterans and went to the North Bennet School for locksmith training.

He worked for the MBTA for 38 years as a track

walker and attended classes at UMass after retirement. Marty enjoyed racing pigeons and spending time at home. He was a reliable man who always put his family first and will greatly missed by all who knew him.

Beloved husband of 64 years to the late Mary J. Ford. Loving father of Martin X. Ford Jr. and his wife MaryLou of Pembroke, Anne Brait and her husband Joseph of Mashpee, Mary Nelson and her husband John of Quincy, and the late Dennis Ford and Kathleen Reynoso.

Cherished brother of John Ford of Pembroke and the late Patricia Connors. Also survived by 11 grandchildren, 1 great-grandchild, and many nieces and nephews.

Visiting hours were held Sunday in Keohane Funeral Home, 785 Hancock St., Quincy, followed by a private service.

Donations in memory of Marty's late wife Mary may be made to Alzheimers Assn., MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

LEGAL NOTICE

TRUST CITATION

Docket No. NO21P0112PO
Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate
and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

In the matter of:
Restatement of the
SHAN MEM Trust

To all interested persons:
A Petition has been filed by:
George R. Driscoll of East Falmouth, MA

requesting General Trust Petition for reasons more fully stated in said petition.
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on 03/10/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 2, 2021
COLLEEN M. BRIERLEY
Register of Probate

2/25/21

FEB

25

2021

Eileen C. Menz, 75

A funeral Mass for Eileen C. (Corbin) Menz, age 75, of Houghs Neck was celebrated Feb. 19 at Holy Trinity Parish, Our Lady of Good Counsel Church, Quincy.

Mrs. Menz died peacefully surrounded by her family on Feb. 14 after a courageous three-year battle with stage 4 ovarian cancer.

A lifelong Quincy resident, she grew up in the Merrymount section of Quincy, attended Merrymount Elementary School, Broad Meadows Junior High School, and graduated from Archbishop Williams High School in 1963.

After graduating from St. Elizabeth Hospital School of Nursing in 1966, she had a 54-year career as a registered nurse, working most recently with Dr. Thomas Kenny at the Carney Hospital (Seton Medical Building) in Dorchester for 27 years. As a young nurse, she began her career at Quincy City Hospital, then went on to be a head nurse at New England Medical Center, and also helped many patients as a private duty nurse. "Mrs. Menz" was also the go-to neighborhood nurse for any of her children's friends who received scrapes, bruises, or

**EILEEN C. MENZ**

even a broken bone when they were young.

A devout Catholic, she was deeply involved with the church, on the Diaconate Community Board with the Cardinal, in Outreach to Widows of Deacons, and on the parish level as a CCD master teacher. Mrs. Menz was an able partner in her husband's diaconal ministry.

She and her husband led several pilgrimages to the Holy Land, Greece, Turkey, the Vatican/Italy, and to the Passion Play in Germany/Austria. They were also fortunate to enjoy several Bermuda and Caribbean cruises with lifelong friends.

The beloved wife for 52 years of Deacon John R. Menz, Jr. Ret. Lt. QFD, current Chaplain QPD and QFD; Eileen was the loving mother of Christine M.

Toler and her husband John, John R. Menz III, QPD and his wife Debra, and James C. Menz, QPD and his wife Heather; devoted grandmother of Kevin, Sydney, Brynn, John IV, Sophia, James, Jr., Peter, Arianna, Hannah, Olivia, Samuel, and Noah; dear sister of Robert J. Corbin and his wife Jean of Scituate, Carol Denning and her husband William of Bartlett, NH, Janet Gorman and her husband Daniel of Quincy, and James Corbin and his wife Janet of Weymouth and FL; and is also survived by many beloved nieces, nephews, and grandchildren; predeceased by her parents James M. and Ruth A. (Myatt) Corbin. Eileen also treasured her many friendships.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to Holy Trinity "Accessibility Project," 227 Sea St., Quincy, MA 02169. The purpose of the project is to improve handicap accessibility, including a new ramp and bathrooms at Holy Trinity Parish (MBS and OLGC).

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

with his family in 1985. He entered into the restaurant business as a partner in his first restaurant, China Joy, in Mattapan before expanding to other locations around the greater Boston area. His dedication as a chef owner propelled him to success as a restaurateur.

He was a loving father and will also be remembered as a kind, humble and reserved man who worked hard for his family and always extended warmth and friendship toward others.

He was the husband of Grace Tom and is survived by his adult children Anna Tom, Lola Tom and Tony Tom, all of Quincy, a brother, Pak Sue Tom and sister, Helen Tom Chen, both of San Francisco. He is also survived by many nieces, nephews, and extended family.

Visiting hours are 9:30 to 11:30 a.m. in the Tirrell Room, Quincy. Funeral procession and burial to follow at Blue Hill Cemetery, Braintree. Social distance protocols will be in effect which guests are reminded to observe in order to maintain public health and safety.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

**PAK HUP TOM**

ton's Chinatown community before moving to Quincy

Judith A. Ash, 77

Judith A. Ash, 77, died Feb. 13 at Kent County Memorial Hospital in Warwick, R.I.

Born in Quincy, she was the daughter of the late Alexander B. and Martha (Johnson) DiMarzio. She resided in Pawtucket for the past 17 years, previously residing in Quincy.

She was employed by Dedham Savings Bank for many years as an accountant until her retirement.

She is survived by her daughter Kelly A. McLeod and her husband Phillip of Cumberland. Her two sisters, Virginia M. Healey of Plymouth, MA, and Marie Elana DiMarzio of Pawtucket; her two grandchildren, Sean A. Wood and Nicole M. Wood, two great-grandchildren, Quinn K.

**JUDITH A. ASH**

Wood and Camden B. Wood along with several nieces and nephews. She was the sister of the late, Alexander B. DiMarzio Jr., Terry DiMarzio and David DiMarzio.

Ms. Ash's life celebration will be private and held at the convenience of the family.

Funeral arrangements were made by the J. J. Duffy Funeral Home, Cumberland, RI.

Patricia A. Donovan, 94

A funeral Mass for Patricia A. (McClelland) Donovan, age 94, of Quincy, was celebrated Wednesday in the Holy Trinity Parish at Most Blessed Sacrament Church, Quincy.

Mrs. Donovan died peacefully Sunday.

A lifelong resident of Quincy, she was the daughter of the late Robert S. McClelland and Beatrice (Fraser) McClelland. Mrs. Donovan loved her years growing up in Houghs Neck, and raising her family there, surrounded by family and many wonderful friends.

Later in life, Pat enjoyed spending winters in Florida with Shorty and traveling with family and friends to as many places as she could. She was a devoted member

**PATRICIA A. DONOVAN**

of Most Blessed Sacrament Church for most of her life and carried fond memories of the faith and fellowship she found there.

The beloved wife of Francis "Shorty" Donovan. Patricia was the loving mother of the late Michael Donovan and his wife Kathy of Scituate, Karen Picarski and her husband Paul of

Quincy, Maureen Donovan of Winthrop, Patricia Porreca and her husband Ron of Needham, Kevin Donovan and his wife Sharon of Pembroke, Ronald Donovan of Natick, Francis Donovan, Jr. of Hingham, and Katie Donovan of Weymouth. She was the sister of the late Grace Liesman, Robert McClelland, Shirley Driscoll, Jean Caruso and Mary Congdon. Cherished Nana of 17 grandchildren and 14 great grandchildren and loving aunt to many nieces and nephews.

Interment at Wollaston Cemetery, Quincy.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Madeline M. Crowley, 84

Madeline M. (Quinn) Crowley of Quincy, formerly of Dorchester, died peacefully Feb. 12 at the John Scott House in Braintree. She was 84.

Born in Boston on Aug. 30, 1936, she was raised in Fields Corner and was the daughter of the late Michael and Delia (Brennan) Quinn. She attended local schools and graduated from Cardinal Cushing High School with the Class of 1954.

A homemaker, Mrs. Crowley raised her family with love and devotion. She lived by the virtues of faith, hope and love, and instilled the same virtues in her chil-

**MADELINE M. CROWLEY**

dren. In her spare time, Mrs. Crowley enjoyed shopping, going on her daily walks, going to Dunkin' Donuts for her coffee and spending time with her family. Family was the most important part of her life and there wasn't

anything she would not do for the people in her life. Her grandchildren were her pride and joy. The time she spent with them was always a treasure to her.

Mrs. Crowley was a compassionate, thoughtful and caring person. Her life lessons and example are part of her legacy that continue through her family. She will be missed by all the lives she touched.

Mrs. Crowley was the beloved wife of the late John J. Crowley. The two married on April 23, 1960 at St. Peter's Church in Dorchester. Together they shared many years of loving marriage. She was the devoted mother of Michael Crowley and his spouse Denise of Weymouth, Lynn Thomas and her spouse Bob of Weymouth and Gerard Crowley and his spouse Mary of Weymouth. She was the loving Grandma of Kelliann Thomas of New Jersey, Kaitlyn Crowley and her partner Nick Litterio of Dorchester, Kimberly Crowley of Weymouth, Erin Crowley of Tewksbury and Jack Crowley of Weymouth. She was the loving great grandma of Gavin Litterio of Dorchester and the dear sister of the late David Quinn. She is also survived by many loving nieces and nephews.

Following cremation, Mrs. Crowley's graveside service will be held privately in Knollwood Cemetery, Canton.

Memorial donations may be made to the Scituate Animal Shelter of Massachusetts, 780 Chief Justice Cushing Hwy., Scituate, MA 02066, scituateanimalshelter.org/donate.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Patrick A. Munroe, 79

A funeral Mass for Patrick A. "Roscoe" Munroe, age 79, of Braintree, formerly of Quincy and South Boston, was privately celebrated Tuesday in St. Clare Church, Braintree.

Mr. Munroe died Feb. 16 surrounded by his loving family.

Born in Boston to the late Edward and Margaret (O'Sullivan) Munroe, he was raised and educated in South Boston, graduating from South Boston High School. He served his country in the United States Army. Mr. Munroe then went on to proudly serve his local community as a Boston firefighter for 33 years before his retirement. During his time on the Fire Department, he deservedly earned many awards and served as VP of the Boston Firefighters Local 718 for many years.

Mr. Munroe was an avid golfer and enjoyed a good game of pickleball. He loved the time he spent at his house in Cape Cod with his family. Mr. Munroe was a hardworking and caring man who will be sorely

missed by all who were blessed to have known him.

Beloved husband of Elvira "Sis" (Elder) Munroe. Loving father of Theresa Ricciardi and her husband Brian of Braintree, Edward Munroe and his wife Amy of Hanover, Sean Munroe and his wife Erin of Braintree and James Munroe and his wife Katie of Braintree. Devoted brother of Robert MacDonald, Margaret Munroe and Gertrude Munroe. Patrick was predeceased by 3 other siblings. Cherished grandfather of James, Cameron, Nicholas, Maggie, Conor, Ella, Cliff, James, Michael, Gavin and Evelyn. Caring great-grandfather of Jude, Oliver and Nolan. He is also survived by many nieces, nephews, extended family and friends.

Interment at Blue Hill Cemetery, Braintree.

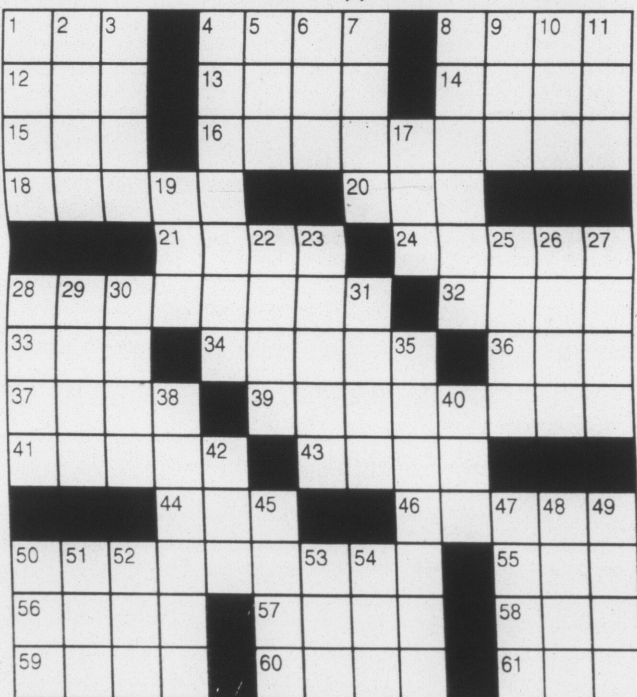
Memorial donations may be made to the American Cancer Society, P.O. Box 22478, Oklahoma City, OK 73123.

Funeral arrangements were made by Cartwright-Venuti Funeral Home, Braintree.

SUN FUN PAGES

King Crossword

ACROSS	44 Steal from	11 Three, in
1 June honoree	46 Cowboy's	Rome
4 Say it's so	workplace	17 Texas tea
8 Pretzel topper	50 Spur on	19 Sprite
12 Past	55 Tic-tac-toe win	22 PC alternatives
13 Travel permit	56 Nerd's kin	23 Marble type
14 Done with	57 Hostels	25 Asta's feeder
15 Brock of base-	58 Hooting bird	26 Tart flavor
ball	59 Big wind	27 As soon as
16 Alaskan city	60 Track tipster	28 "Shoo!"
18 Heron's kin	61 Carrier to	29 Bruins' sch.
20 Army address	Amsterdam	30 Little lies
21 Dalai —		31 Mountain ht.
24 Slow, in music	DOWN	35 Most loved
28 Right to vote	1 Valley	38 Painter's
32 Cash advance	2 Awestruck	motion
33 201, in old	3 Gloomy	40 Genetic letters
Rome	4 Online images	42 Thee
34 Heat to near	5 Sportscaster	45 Telly watcher
boiling	Scully	47 Cranny
36 GOP org.	6 Computer key	48 Batman's hood
37 Priestly vest-	7 Stadium	49 Actress
ments	cheers	Celeste
39 Cheap ride	8 Reddish-brown	50 Early bird?
section	horse	51 PBS funder
41 "Yum!"	9 "Selma" direc-	52 Cartoon frame
43 Novelist	tor DuVernay	53 Yucatan year
Hunter	10 Table support	54 Wildebeest



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MAGIC MAZE ● **DRINKING ESTABLISHMENTS**

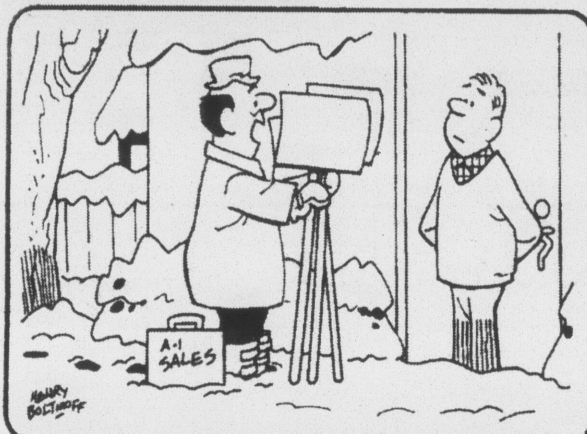
B D P A X U R O L J G D A R X
V U N S (R O A D H O U S E) P N
B K L O U N G E I F C L S A K
A X V C O S Q O L J L H U N E
R N C A T L X V T E R P O R N
R L I J H H A F K D B T H E Y
O X V T T R G S P O Y M R V K
O I G E N D T I B K Z X E A W
M O O R P A T U N N T R D T Q
O N E J R I C O G I N M I L L
G F D L L A H R E E B I C C A

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: ENGLISH PUBLIC HOUSE

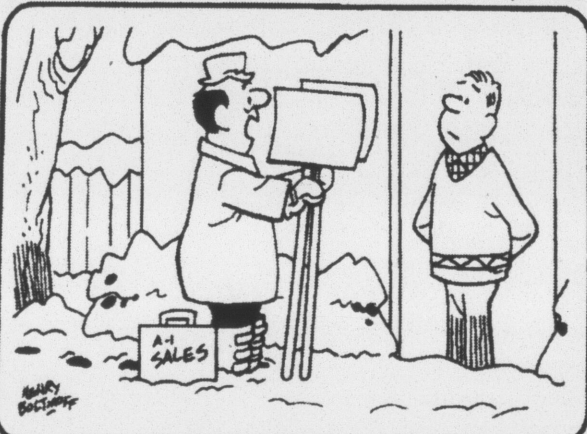
Bar	Cider house	Lounge	Saloon
Barroom	Gin mill	Nightclub	Taproom
Beer hall	Honky-tonk	Ratskeller	Tavern
Cantina	Inn	Roadhouse	

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sweater has decoration. 2. Doorknob is missing. 3. Boots are taller. 4. One shovel is gone. 5. Fence is higher. 6. House is missing.



Trivia

test by Fifi Rodriguez

1. **GAMES:** Which chess piece can only move diagonally?
2. **U.S. STATES:** What is the capital of Nevada?
3. **LANGUAGE:** What is a lexicon?
4. **HISTORY:** What was the first sport played on the moon?
5. **LITERATURE:** In his will, what gift did Albus Dumbledore give to Ron Weasley in the Harry Potter book series?
6. **MOVIES:** What was the first Disney song to win an Academy Award for best original movie song?
7. **GEOGRAPHY:** What is the capital of Bermuda?
8. **INVENTIONS:** Who first invented a successful
10. **MATH:** What is the Arabic equivalent of the Roman numerals MDCCCXII?
- Answers
1. The bishop
 2. Carson City
 3. A dictionary
 4. Golf
 5. A deluminator, which takes away or restores light sources
 6. "When You Wish Upon a Star"
 7. Hamilton
 8. Louis Pasteur
 9. Venus and Mercury
 10. 1812
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Wishing Well®

4	2	8	7	6	8	6	4	8	6	5	2	3
G	A	S	B	A	E	L	O	R	O	A	C	N
2	3	7	5	4	3	4	8	6	5	7	4	6
T	E	E	C	O	W	D	V	V	T	O	T	E
5	3	7	4	2	3	2	5	4	7	6	5	4
I	F	P	I	B	O	O	O	M	E	T	N	E
5	7	8	7	6	7	2	7	5	7	6	8	2
S	N	E	T	O	O	L	C	J	H	R	O	D
8	4	5	4	3	8	4	8	5	4	2	6	3
T	S	U	A	U	H	H	E	S	E	L	E	N
5	4	3	7	5	4	7	6	5	6	8	3	8
T	A	D	A	I	D	N	M	F	E	R	F	S
6	3	7	3	5	2	5	6	5	7	6	3	6
M	A	G	M	I	Y	E	B	D	E	E	E	R

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

Salome's Stars

ARIES (March 21 to April 19) Whatever decisions you're faced with this week, rely on your strong Aries instincts, and base them on your honest feelings, not necessarily on what others might expect you to do.

TAURUS (April 30 to May 20) Your sensitive Taurean spirit is pained by what you feel is an unwarranted attack by a miffed colleague. But your sensible self should see it as proof that you must be doing something right.

GEMINI (May 21 to June 20) More fine-tuning might be in order before you can be absolutely certain that you're on the right track. Someone close to you might offer to help. The weekend favors family get-togethers.

CANCER (June 21 to July 22) The week continues to be a balancing act 'twixt dreaming and doing. But by week's end, you should have a much better idea of what you actually plan to do and how you plan to do it.

LEO (July 23 to August 22) Changing your plans can be risky, but it can also be a necessary move. Recheck your facts before you act. Tense encounters should ease by midweek, and all should be well by the weekend.

VIRGO (August 23 to September 22) You might still be trying to adjust to recent changes. But things should improve considerably as you get to see some positive results. An uneasy personal matter calls for more patience.

LIBRA (September 23 to October 22) Congratulations. Your good intentions are finally recognized, and long-

overdue appreciation should follow. Keep working toward improvements wherever you think they're necessary.

SCORPIO (October 23 to November 2) Try to look at your options without prejudging any of them. Learn the facts, and then 'make your assessments. Spend the weekend enjoying films, plays and musical events.

SAGITTARIUS (November 22 to December 21) Someone might want to take advantage of the Sagittarian's sense of fair play. But before you ride off to right what you've been told is a wrong, be sure of your facts.

CAPRICORN (December 22 to January 19) You might be surprised to learn that not everyone agrees with your ideas. But this can prove to be a good thing. Go over them and see where improvements can be made.

AQUARIUS (January 20 to February 18) After taking advice on a number of matters in recent months, expect to be called on to return the gesture. And, by the way, you might be surprised at who makes the request.

PISCES (February 19 to March 20) Reassure everyone concerned that a change of mind isn't necessarily a change of heart. You might still want to pursue a specific goal, but feel a need to change the way you'll get there.

BORN THIS WEEK: You are able to make room in your heart for others, and that makes you a very special person in their lives.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: J equals R

P XNHPNON PV QLYNLTN
ANYLHPQENQ S JLLV, EN
QELFHA BNC PT CJLFXHN
VLJ NSONQAJLRRPTB.

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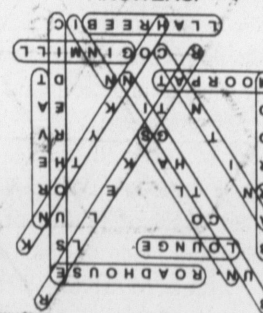
King Crossword

Answers

Solution time: 24 mins.



Magic Maze
ANSWERS:



CryptoQuip

demolishes a roof, he should get in trouble for eavesdropping.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Tom Hanks' film "News of the World," which cost \$38 million to make, was released in theaters Christmas Day and grossed \$9.7 million. That was good, considering it was available for Netflix subscribers as well. His next release, the science-fiction film "Bios," with Skeet Ulrich, is set for theaters Aug. 13 without a streaming release, so far.

Last January, Hanks began filming "Elvis" in Australia for "Moulin Rouge" director Baz Luhrmann. He'll play Presley's manager, Colonel Tom Parker, with Austin Butler as Elvis. In March, he and wife Rita Wilson tested positive for COVID-19 and the film was shut down. In September, they resumed and completed the film (scheduled for a Nov. 5 release to theaters and HBO Max).

Hanks is now playing Gepetto in the Disney+ live action remake of its 1940 animated classic, "Pinocchio." Oscar-winner Roberto Benigni (for 1997's "Life Is Beautiful") remade "Pinocchio" in 2002 for \$45 million, but it grossed only \$41 million worldwide. This time it's being directed by Robert Zemeckis, of "Romancing the Stone," "Back to the Future," "Forrest Gump," "Cast Away" and "Who Framed Roger Rabbit" fame. In addition to Hanks, he's cast Luke Evans (Gaston in "Beauty and the Beast") as The Coachman. Evans is fresh off of Hulu's "Nine Perfect Strangers," with Melissa McCarthy and Nicole Kidman.

At the dawn of the 1970s, I met a young actor who was co-starring with Sal Mineo in a Los Angeles stage production of "Fortune and Men's Eyes." It was a prison drama in which the young actor was raped every night by Mineo's character. It was very controversial for its time. I got to know the actor, and we did several photo sessions together.

Flash-forward to 1985, when that young actor turned up on television as the star of "Miami Vice." His name was Don Johnson. When the show ended five years later, he drifted through films and TV guest-star roles until he landed the hit series "Nash Bridges," co-starring Cheech Marin, which ran from 1996-2001. In 2010, Johnson sued the producers of the police drama for \$23 million because they allegedly conveniently forgot to give him his share of the foreign residuals he was contracted to receive. The case was finally settled in 2013, and he received \$19 million. So when his 2015 series "Blood & Oil" ended after only 10 episodes, he wasn't devastated.

Johnson is currently co-starring with "SNL" alum Kenan Thompson in his new NBC series "Kenan." Johnson replaced Andy Garcia (who was in the pilot) playing Kenan's father-in-law, who offers to help raise his granddaughter. A \$19 million settlement for foreign residuals? Who says crime doesn't pay!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ***
* Moderate ** Difficult
*** GO FIGURE!

	÷		+		10			
+		+		-				
	+		÷		8			
÷		+		×				
	×		+		13			
13		16		20				
1	1	2	4	5	6	7	8	9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Table, or Art? --- When is a pile of rocks considered art? An unusual table made of glass and "stone" was offered in an Andrew Jones auction in Los Angeles, with an estimated price of \$2,500 to \$3,500. It didn't sell, but other related sculptures by the artist, Woods Davy (1949-), have sold from \$1,000 to \$7,000. He first collected natural stones and turned them into sculptures without altering the shapes. Then he started making "stones" that look like they came from a riverbed using concrete, metal and glass. He positions them in impossible, strangely balanced shapes, which are held together by concealed steel rods and adhesives.

This table is 22 inches high with a round glass top 42 inches in diameter. Poking through the glass is a rock with its top 28 inches from the floor. He used old natural forms in a new unbalanced way, which is known as post-modernism. That is the name of an unusual period of art developed in the 1950s that fuses past styles with the look of modern magazines, films and other unexpected sources. But is this just a great table? Or is it art?

Q: I have a wooden table that is marked "Larkin Soap Company." Does that mean it was used in the company office or was it made by a soap company? How old is it?

A: John D. Larkin (1845-1926) worked for a soap factory in Buffalo in the 1860s. He became a partner and moved with the company to Chicago. He met and married a girl from Buffalo, and they moved back to their hometown in 1875. There he started his own company, John D. Larkin, and sold "Sweet Home"

soap. By 1881, he had a full line of related products and gave a free colored picture card with each bar of soap. Cards were not enough, so he started giving better premiums including, handkerchiefs, towels, dishes and even furniture. The desk was the gift with 10 dollars' worth of soap. Soap sales changed by the 1940s, premiums were no longer popular and the company closed in 1962. Your table was made from 1899 to 1904 when the company name matched the label on your table.

CURRENT PRICES

New Martinsville lamp, flowering vine, opaque mottled pink, chimney shade, brass collar, c. 1904, 8 x 3 inches, \$45.

Red Wing Pottery water cooler, No. 8, cobalt blue stripe, metal handles, 17 x 11 inches, \$155.

Sextant, brass, ebonized wood, ivory inlay, oak case, Spencer, Browning & Co., 12 inches, \$340.

Inkwell, silver gilt, crystal, seated women, knight's helmet, grapevines, repousse, Austria, 1800s, 6 x 7 inches, \$780.

TIP: Sniff the photo album you plan to use for old photographs. If it smells, it probably is made of vinyl or some other unsafe material. Don't use it. It will discolor the photos.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2021 by Terry and Kim Kovel has the resources you're looking for.

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Strange BUT TRUE

* In 2008, two sisters from Virginia sold their Illinois-shaped corn flake on eBay for \$1,350.

* One of the first diet books, "The Art of Living Long" by Luigi Comaro, came out in 1558 ... and is still in print.

* In the movie "Psycho's" iconic shower scene, Alfred Hitchcock achieved the sound of stabbings by knifing through a casaba melon. He even had his crew audition multiple varieties of melon to get the perfect tone.

* Folks who enjoy collecting ties are known as grabatologists.

* The mostly unknown second and third verses of "Take Me Out to the Ball Game" reveal the song was originally written as a feminist anthem about a woman wanting to go see a baseball game rather than go on a date to a show.

* Cinderella's shoes were made of fur, not glass, in the tale's original version.

* Overdo it on the garlic or

onions and need to freshen your breath? Try roasted coffee beans instead of gum or mints. Israeli scientists have found that coffee can inhibit the bacteria that leads to bad breath, but if you prefer drinking it to chewing, you'll do best to take it black.

* German chocolate cake was named for an American baker, Samuel German.

* "Scurryfunge" is an old English word meaning to rush around cleaning when you see company is on their way over.

* In the Middle Ages, the "shrew's fiddle" or "neck violin" was used to punish those who were caught bickering by linking them face-to-face, forcing them to talk to each other. They weren't released until their disagreement was resolved.

Thought for the Day: "I had a new vision in front of me, and I always feel that if I can see it and believe it, then I can achieve it." -- Arnold Schwarzenegger

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Now here's a tip!

by Jo Ann Derson

* Need a quick fix for tarnished brass? Look in your fridge. Ketchup, applied liberally then buffed off, will remove tarnish in a pinch.

* "Many people play drinking games with movies and alcohol, but here's my drinking game: I work at an 'office' job (although we are remote now), and every time I get an email notification, I take a sip or slug of water. It's got me surprisingly hydrated!" -- P.J. in Florida

* If your marker is nearing the end of its life, you might revive it by setting it tip down in a little bit of rubbing alcohol.

* "Schedule important doctor's checkups, like your annual physical and dental cleanings, in the same month each year so you will know when they are

coming up. I use my birth month. My mom always has hers done in February." -- E.D. in Massachusetts

* Use a cotton swab to clean out the tips of your earbuds!

* "To clean out your coffemaker, run a cycle of water through it, and then pour out half the water and replace it with white vinegar. Pour that mixture back through the coffemaker (make sure it's off) and let it sit for 10 minutes. Then run the vinegar mixture through, then two cycles of fresh, cold water." -- A.L. in New York

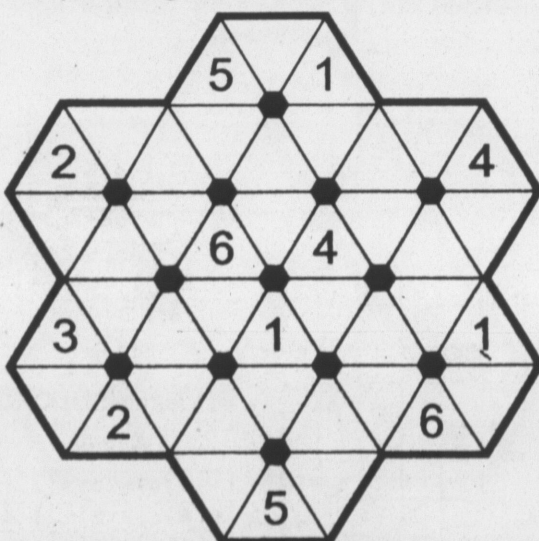
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

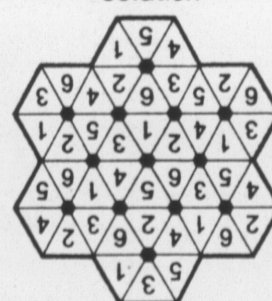
by Terry Stickels

You may know that a decade is 10 years, a century is 100 years and a sesquicentennial is 150 years ... but can you tell me the number of years in a lustrum?

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SNOWFLAKES

solution



Go Figure!

answers

	20	16	13
13	5	8	1
	×	+	÷
8	2	7	6
	-	+	+
10	6	1	4

Stickelers Answer

Five years.

Super Crossword

SUMMONING
JEKYLL AND SEUSS

ACROSS

- 1 Stallion, e.g.
6 Saudi, e.g.
10 Floats gently
15 Livens (up)
19 Optic layers
20 Female adult
21 Accustom
22 Roman 951
23 Sweet capicum variety
25 Bacon piece
26 Give kudos
27 Queen, in Spanish
28 Mickey & Sylvia hit of 1957
31 Don —
32 Suddenly become alert
35 Tetley pouch
36 Extremely scarce
41 President pro —
43 Rainy bunch
44 Bit of Vail gear
45 The "sum" of "Cogito, ergo sum"
46 Bona —
47 Christmas poem opener
49 Sinister powers
54 Wooded with tunes

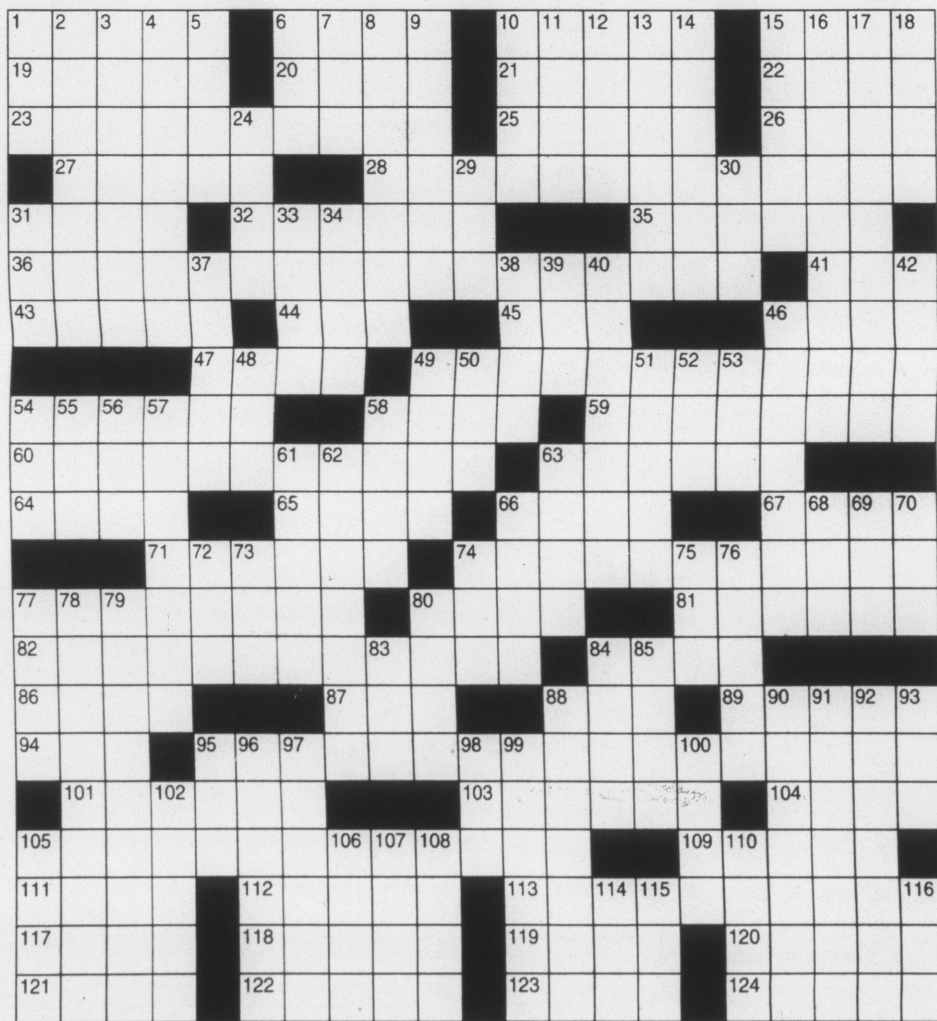
- 58 Comic blows
59 Fragrant
60 Best Actress nominee for "Breaking the Waves"
63 Turn aside
64 Category
65 Hit, as a gnat
66 Place
67 Lure for fish
71 Deodorant target
74 Song from "Oklahoma!"
77 How fast a plane is flying
80 Govt. agent
81 Comic Gilda
82 Deep pessimism
84 Installed, as brick
86 Actor Ladd
87 Soft throw
88 Chum
89 Lhasa — (small dogs)
94 Visibly angry
95 Highly venomous cephalopod
101 Filled the fuel tank, with "up"
103 User of four-letter words
104 "— Smile Be Your Umbrella"

- 105 "Guys and Dolls" guy
109 Rockers
110 Clapton and Burdon
111 Fitzgerald of jazz
112 Cliffside nest
113 What you do when you look at the ends of nine long answers in this puzzle
117 Regal Norse name
118 Adorn fussily
119 Morales in movies
120 Haggard of country
121 Where AT&T is "T"
122 Squiggly letters
123 Breeding 1-Across
124 Came — (Baja dish)

DOWN

- 1 Central area
2 Make hackneyed
3 Brush up on
4 City near Monterey
5 Fox Sports alternative
6 High, rugged peak
7 Drake's music
8 University in Nassau County
9 Mechanical way to learn
10 Prudent
11 Part of ABM
12 Animal coats
13 French for "sad"
14 Days of the week, e.g.
15 Campus workstation locale
16 Tending to radiate something
17 Provided juice for?
18 Pro or con
24 Give relief to
29 Composer Carl Maria — Weber
30 Cheer shout
31 Printer clog
33 Org. in "The Martian"
34 With 53-Down, requests
37 Broken-down
38 Knights, e.g.
39 Tic-toe link
40 Retired professors
42 Defrost
46 Was achy or regretful

- 48 "Holy cow!"
49 Hoof or paw
50 Totally dominate
51 Good craps roll
52 Keats work
53 See 34-Down
54 Place
55 Novelist Tan
56 Small bite
57 Comedic actor Jackie
58 H.S. junior's exam
61 It has fluttery leaves
62 Twirl, as one's thumbs
63 Naturalist Fossey
66 Con game
68 "Anthem" writer Rand
69 Suffix with hero
70 The Raptors, on NBA schedules
72 Engine stat
73 "— culpa"
74 "I think" in texts
75 Half of hexa-
76 Anwar of Egypt
77 Culture base
78 In a criminal way
79 Book full of street maps
80 Desert in Mongolia
83 Palme —
84 Sonny boys
85 Balm plant
88 Most cheeky
90 Maintains order over
91 Prisms' color bands
92 Was a better peddler than
93 Org. issuing nine-digit IDs
95 Youth org. with troops
96 Delaware Valley tribe
97 Cows' milk deliverers
98 Pvt.'s superior
99 False appearances
100 Street — (urban acceptance)
102 Cut off stubble
105 An inert gas
106 Certain dwarf planet
107 Clock info
108 Gym litter's units
110 Tomato variety
114 Water, in Nantes
115 Give relief to
116 Irish actor Stephen

celebrity
extra

by Dana Jackson

Q: Who is the actor who plays the racist cop on "The Rookie"? My husband said he once played Superman, but I told him that actor is on another show we watch called "The Witcher." Is it the same person? -- Y.G.

A: You're both right! There have been several incarnations of DC Comics' Superman since the Christopher Reeve era, the most recent having starred Henry Cavill in 2013's "Man of Steel," followed by "Batman v Superman" and "Justice League." Cavill, sporting long white hair, is the actor who plays the monster hunter in the hit fantasy series "The Witcher" on Netflix.

"The Rookie's" Brandon Routh was cast as Clark Kent/Superman in the 2006 film "Superman Returns," with Kevin Spacey, but it didn't deliver at the box office, so he faded into obscurity for a while. Fortunately, the DC Universe must like him because he went on to play either Superman or The Atom in several CW series like "The Flash" and "Arrow."

In December, Routh, now 41, was cast on the third season of the ABC drama "The

Rookie" as an officer with polarizing views and actions. The role is recurring, but it gives him a chance to play against type, the opposite of a superhero.

Q: Are Ryan Reynolds and Blake Lively still married? I never read anything about them anymore. -- E.E.

A: Hopefully, it's a good thing that their lives aren't the subject of gossip magazines anymore. Yes, they're still married and appear to be happily so. They have three children together, and recently posted photos on social media of Blake sledding and Ryan coloring Blake's hair during the pandemic. I'm willing to bet they make it to their 10th wedding anniversary next year.

Q: My sister and I both love "The Rifleman" show on ME-TV. How many shots does Luke McCain shoot off in the beginning of the show? Can you also tell us about Mark (Luke's son), his real name and if he's gone on to other shows? -- M&E of Spokane

A: "The Rifleman" is a classic Western that ran for five seasons from 1958 to 1963. It starred Chuck Connors as a rancher and Johnny Crawford as his young son, Mark. The number of shots that Connors fires during the opening credits appears to



Brandon Routh in "Superman Returns"

Photo credit: Warner Bros.

my ears to be 13.

Crawford is still acting, but not so much these days. He's about to turn 75, and his most recent credit is another Western, a 2019 movie titled "Bill Tilghman and the Outlaws" (aka "The Marshal"), which can be rented through Amazon Prime.

Crawford was one of the original Musketeers with the Walt Disney Company before he appeared on "The Rifleman." He subsequently guest-starred on such notable series as "Hawaii Five-O," "Little House on the Prairie," and "Murder, She Wrote." He and his on-screen father Connors remained close friends, and Crawford delivered the eulogy when Connors passed away in 1992.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|-----------|---------------------|-----------|
| 1. Contemplate | ___ N ___ | Dry snow, to skiers | ___ W ___ |
| 2. Not very tall | ___ O ___ | Tee or tank | ___ I ___ |
| 3. It is only skin deep | ___ U ___ | Warren or Ned | ___ T ___ |
| 4. Take heed | ___ T ___ | Beginner | ___ V ___ |
| 5. Postage sticker | ___ T ___ | Rascal | ___ C ___ |
| 6. Pop star Cyrus | ___ Y ___ | Standish or Davis | ___ S ___ |
| 7. Abrasive | C ___ | Croaky | H ___ |
| 8. Join the traffic | ___ E ___ | Homer's wife | ___ A ___ |
| 9. Uneven | ___ H ___ | Face blush | ___ E ___ |
| 10. General layout | ___ T ___ | Not casual | ___ L ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

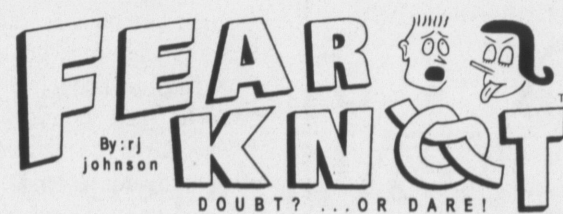
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Super Crossword

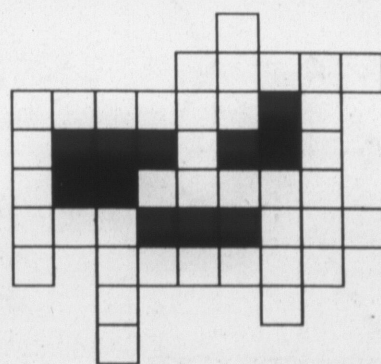


Even Exchange answers

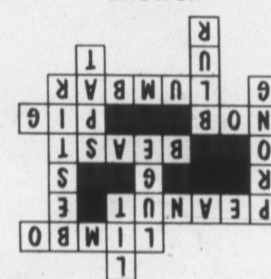
- | | |
|-------------------|--------------------|
| 1. Ponder, Powder | 5. Stamp, Scamp |
| 2. Short, Shift | 4. Notice, Noice |
| 3. Beauty, Beatty | 8. Merge, Marge |
| 7. Coarse, Hoarse | 10. Format, Formal |
| 6. Milky, Miles | |



- GPI
TAPUNE
♥ATBES
♥LUBR
♥ERSBIT
ILT
♥TPSA
MOIBL
♥OBIN
♥ALMRUB
ROGPN
♥UGEL

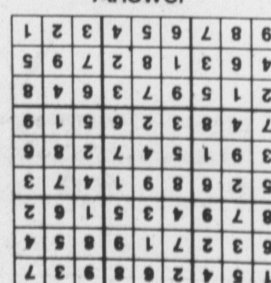


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KN&T
answer

Weekly SUDOKU

Answer



FEB

25

2021

Amber Waves

by Dave T. Phipps



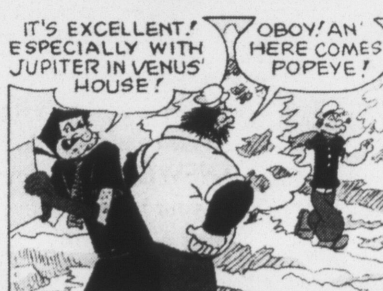
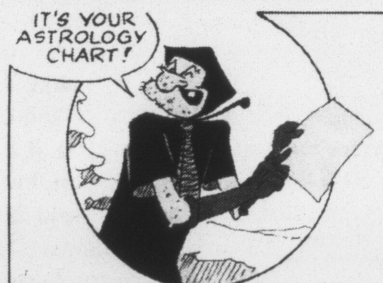
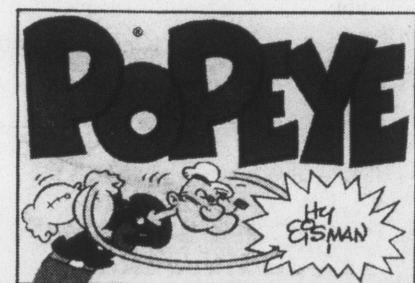
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Strike
DOCILLE

Affirm
FORSEPS

Endorse
TERYFIC

Accurate
RECIPES

TODAY'S WORD

"Well, that harebrained Jones boy finally prevailed on a get-rich-quick scheme.

He _____ with our daughter!"

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

2	5	4	6	1	6
2	6	5	1	3	5
2	4	5	6	3	2
4	3	5	5	5	1
3	1	2	3	5	4
5	2	1	2	5	3



Invading Spiders Endanger Cat

DEAR PAW'S CORNER:

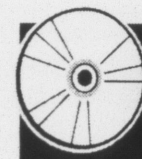
For some reason this winter, my new house has been invaded by spiders. They are building webs in every corner of the house and basement, and every day I'm knocking down another web with my broom. I'm worried about my cat, "Jameson," being bitten by a spider. What do I do if this happens? -- Janine S., via email

DEAR JANIE: I'm a huge fan of spiders, because they are one of nature's best pest control services, trapping and disposing of many other tiny critters. They probably have much more to fear from Jameson than the other way around, because housecats see spiders as interesting prey. Still, a spider invasion is not much fun to deal with. Look for something that is attract-

ing spiders to your home. Do you have wood or leaves piled up against the foundation? Are there cracks in the foundation? Is your basement or attic damp? How clean are your HVAC vents and ductwork? Addressing the source of the problem can cut down quite a bit on the number of spiders invading your house. As for Jameson being bitten by a spider -- if you are concerned, do the same thing you would do when checking for evidence of fleas or ticks. Every evening put Jameson on your lap and run your hand over his coat, backwards. This lifts the hair away so you can see his skin. A spider bite on a cat will look similar to a spider bite on a human. If you do see a spider bite on Jameson, the best thing to do is observe. If he is behaving normally, not distressed or pawing/licking the bite, he's probably fine. If you have any concerns, contact his veterinarian.

Send your tips, comments or questions to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOPTEN VIDEO, DVD for release week of Feb. 22, 2021

Video on Demand

- Let Him Go (R) Diane Lane
- Honest Thief (PG-13) Liam Neeson
- The War with Grandpa (PG) Robert De Niro
- Tenet (PG-13) John David Washington
- American Skin (R) Omari Hardwick
- Wild Mountain Thyme (PG-13) Emily Blunt
- Come Play (PG-13) Azhy Robertson
- Synchronic (R) Anthony Mackie
- Tulsa (PG-13) Scott Pryor
- Unhinged (R) Russell Crowe

DVD, Blu-ray Sales

- Let Him Go (R) Universal
- Batman: Soul of the Dragon (R) Warner Bros.
- Justice League (PG-13) Warner Bros.
- The Meg (PG-13) Warner Bros.
- Breach (R) Paramount
- The Mule (R) Warner Bros.
- Fatman (R) Paramount
- Top Gun (PG) Paramount
- Mulan (PG-13) Disney
- Tenet (PG-13) Warner Bros.

Source: Comscore/Media Play News

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Hitori answer

3	9	2	1	2	5
5	4	1	2	3	3
4	5	1	5	5	4
1	5	5	3	5	2
2	4	5	6	3	2
5	5	1	3	5	2
6	4	6	1	6	2

ELOPED

Today's Word

- Collide
- Profess
- Certify
- Precise

SCRAMBLERS

MORE FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

The No-Cry Challenge: Tears are shed for many a reason. Unbridled joy. A particularly raucous round of laughter. Heartbreak. The ache of loss. And humans are a curious lot. There are times when we'll go into absolute denial to avoid tears, but other times we rush right in. Case in point: tear-jerkers. Some movies come at you right from the start (the entire first 10 minutes of "Up") and some wait for the end to twist the knife (when Miguel sings with his great-grandmother "Coco").

Either way, here are a collection of tearjerker moments in film for when you just need a little catharsis. Get a box of tissues and (potential spoilers ahead) have yourself a good cry.

My Girl — The death of a child is no easy thing, but in this story of a girl named Vada Sultenfuss, living with her single dad in a funeral home, it's heartbreaking. If you can get through the scene where Vada loses it at Thomas J's funeral because he doesn't have his glasses, I am not sure you are human.

Inside Out — A quintet of emotions interact inside the mind of 11-year-old Riley in this Pixar classic. But it's Riley's forgotten imaginary friend Bing Bong who steals the heart in a loving act of sacrifice that will have you weeping buckets of candy tears.

Steel Magnolias — In this touching story about a group of strong Southern women, there is more than one poignant moment, but for millions of ugly criers, it's the scene where

M'Lynn delivers her monologue in the graveyard, bemoaning daughter Shelby's lifelong ill health.

Selena — The Tejano superstar captured the hearts of a nation. Her tragic story is told with Jennifer Lopez in the lead role, and when she doesn't catch the white rose thrown to her on stage at the end, you'll never hear "Dreaming of You" the same way.



Jennifer Lopez in "Selena"

Marley & Me (and for that matter "A Dog's Purpose" and "A Dog's Journey") — Whenever an animal is involved, you're already in a position of weakness, but these films take it to the next level. When Marley is put down, it's gut-wrenching.

Life Is Beautiful — A Jewish-Italian writer and his son make a game of being imprisoned in a concentration camp during the Holocaust.

Love, Simon — When Simon comes out to his mother, finding acceptance.

Green Mile — The final execution scene will tear you to pieces.

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Contract Bridge

HIDDEN BENEFIT

North dealer.

Both sides vulnerable.

NORTH			
♠	A Q 9 7		
♥	Q 4		
♦	K 7 6 4 2		
♣	A J		
WEST		EAST	
♠	J	♠	8 2
♥	J 10 8 6 3	♥	A 9 7 2
♦	10 8 5	♦	A Q 9
♣	10 7 5 2	♣	K 9 6 3
SOUTH			
♠	K 10 6 5 4 3		
♥	K 5		
♦	J 3		
♣	Q 8 4		

The bidding:

North	East	South	West
1♦	Pass	1♠	Pass
3♠	Pass	4♠	

Opening lead — jack of hearts.

When declarer has a choice of two suits to play, he should favor the one from which he might eventually derive some additional benefit, even if his initial hope meets with disappointment.

Consider this deal where South failed to make four spades. East won the opening heart lead with the ace and returned a heart to South's king. Declarer drew two rounds of trump ending in his hand and led a club

to the jack, losing to the king. East returned a club to the ace, whereupon South crossed to his hand with a trump, cashed the queen of clubs and led a diamond to the king. When East turned up with the ace, the contract was down one, declarer losing two diamonds, a heart and a club.

While South was unlucky to find both the king of clubs and ace of diamonds offside, he should have made his game. He simply played the wrong suit first.

After drawing trump, declarer should ask himself whether there is any advantage to be derived from playing clubs before diamonds or vice versa. He should reason that if the club finesse loses, he has done nothing to help his cause, but that if the king of diamonds loses to the ace, it might still be possible to establish dummy's diamonds for club discards.

In the actual deal, if declarer leads a diamond to the king at trick five, the defense is helpless. East wins the trick and can do no better than cash the queen of diamonds and play another diamond, ruffed by South. When West follows suit to the third diamond, declarer is home free. Dummy's two remaining diamonds provide a parking place for two of South's clubs, and the club finesse becomes unnecessary.

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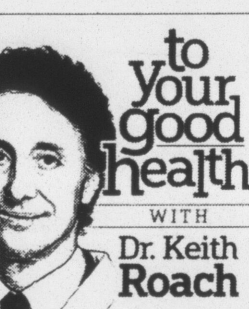
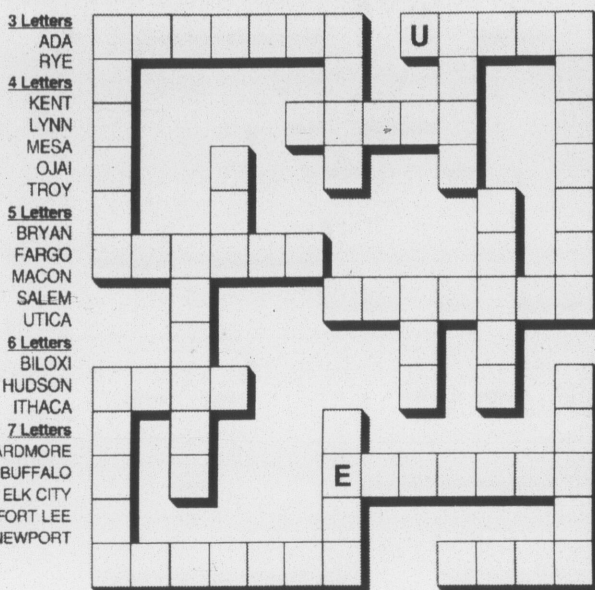
by Steve Becker

Puzzles4Kids

by Helene Hovanec

CRISSCROSS — 20 U.S. CITIES

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.



CT Scan Unlikely To Miss Advanced Lung Cancer

DEAR DR. ROACH: Is it possible for X-rays and a CT scan to miss advanced lung cancer? My brother worked two days before he died. He went to the hospital, was admitted to hospice and died the next day. I wonder if he knew at least a year ago, but didn't tell anyone. He said his scans showed pneumonia. His son was called to the hospital and spent the day with him until he died. During his last day, my brother told him that he had lung cancer and that it was not diagnosed earlier. -- N.W.

ANSWER: I am very sorry about your brother.

Lung cancer, especially early lung cancer, is often missed on a regular chest X-ray. Pneumonia can accompany early lung cancer, and the pneumonia can hide the cancerous mass, but experienced radiologists should be able to see something. Also, experienced clinicians should check an X-ray weeks after a pneumonia to be sure there is no cancer in a person at risk, such as a current or former smoker.

Advanced lung cancer is only very rarely missed on X-ray, and should essentially never be missed on a CT scan. While I can't say it's impossible, it's much more likely that a year ago he was told that he had lung cancer and did not say anything, perhaps to spare his family's feelings, or perhaps he didn't want the sympathy and attention that accompany a diagnosis such as advanced lung cancer.

DEAR DR. ROACH: What does a person do when symptoms are vague and hard to explain? I am an 82-year-old woman. I started feeling dis-

comfort in one breast about three weeks ago. It felt like irritation from a bra. I did all the things I thought I should, and three weeks later the symptoms are the same or slightly worse. Nothing looks or feels different when I touch it. Do I see my primary doctor (he's never seen me naked), or find a gynecologist? How do I present this issue? I feel like a fool. -- V.B.

ANSWER: Both clinicians should be able to appropriately evaluate this concern. You should go to whoever you are more comfortable seeing. What you should not do is ignore it.

In your particular case, it's unlikely that your symptoms are because of something serious. Breast discomfort is common and only rarely due to breast cancer, which is what you must surely be concerned about. You should NEVER stop yourself from seeing your doctor for fear of not being taken seriously.

Primary doctors like me and gynecologists are very familiar with women coming in with breast symptoms, and we take them seriously. Clinicians know how justifiably concerned women are about breast cancer. Most often, a woman can be reassured with a careful history and physical exam; other times, a mammogram or ultrasound may be ordered. You don't want to regret missing that visit to the doctor.

It is often said that the only foolish question is the one that is not asked. This situation is analogous: It would be foolish for you not to go. While the overwhelming likelihood is that you will be reassured, in the unlikely event there is something wrong it's far better to know about it earlier than later.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids Answer

Comfort foods

Made fast and healthy



by Healthy Exchanges

Creamy Cherry Banana Pie

You'll hear lots of praise when you serve this pie. It's sure to be a "keeper" in your recipe file!

- (4 serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 3/4 cups water
- 1/2 teaspoon vanilla extract
- 12 maraschino cherries, quartered
- 2 tablespoons chopped pecans
- 1 (6-ounce) purchased short bread pie crust
- 1 cup sliced (1 medium sized) banana
- 1/2 cup reduced-calorie whipped topping

1. In a large saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in vanilla extract, cherry pieces and pecans.

2. Spread 1/2 cup of hot pudding mixture into bottom of pie crust. Arrange banana slices evenly over pudding. Spread remaining pudding mixture over bananas.

3. Refrigerate for at least 2 hours. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

* Each serving equals: 186 calories, 6g fat, 3g protein, 30g carb., 183mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Fruit.

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- Name the artist who claims he's lost fans because of his name.
- Which group was the first to release "Woke Up in Love"?
- "Conga" is considered the signature song for which artist?
- Who was the first artist to be inducted twice into the Rock and Roll Hall of Fame?
- Name the song that contains this lyric: "Well, you can tell by the way I use my walk, I'm a woman's man: no time to talk."

Answers

- Meat Loaf. Vegetarians were leery of him because of the name (in one case a fellow artist who wouldn't speak to him), although he himself was a vegetarian for over 10 years.
- Exile, in 1983. "Woke Up in Love" took the former rock group to the top of the country charts in both the U.S. and Canada.
- Gloria Estefan and the Miami Sound Machine.
- Glyde McPhatter, both as a member of the Drifters and for his solo work.
- "Stayin' Alive," by the Bee Gees in 1977. It was used in the soundtrack for the film "Saturday Night Fever." After its release, "Stayin' Alive" shot to the top of the charts and stayed there for a month.

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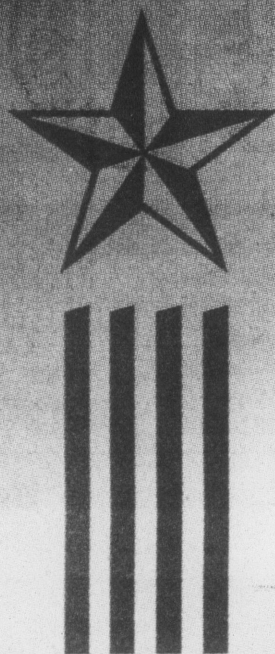
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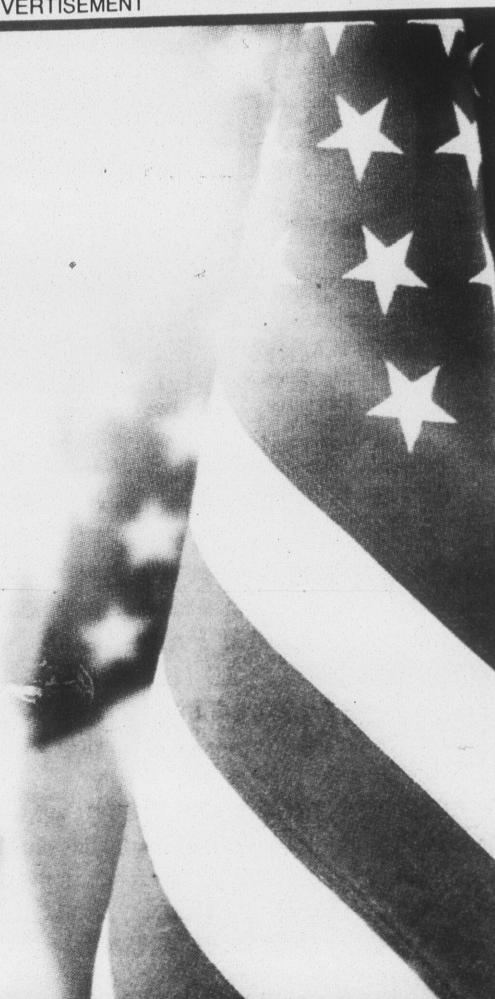
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